DR. SEBI
RESEARCH CENTER

THE DR. SEBI APPROVED HERBS HANDBOOK

A HEALING JOURNEY

The Complete List of Herbal Medicine with 10-Day Detox-Plans To Reverse Disease and Naturally Detox, Cleanse, and Revitalize the Electric Body

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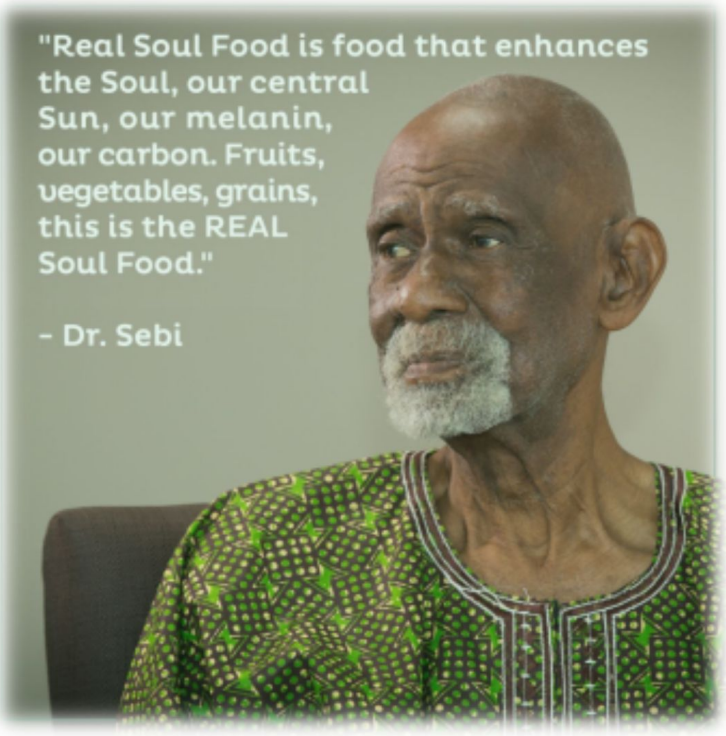
INTRODUCTION

We always regard diet as a short, grueling period after which we will find ourselves in perfect shape. But, a good diet is actually a change in lifestyle, that does not only restrict the consumption of harmful food to get in better shape, but to lead a longer, healthier, and stronger life.

That is exactly what the Dr. Sebi Diet offers.


"Real Soul Food is food that enhances the Soul, our central Sun, our melanin, our carbon. Fruits, vegetables, grains, this is the REAL Soul Food."
- Dr. Sebi

Dr. Sebi, or Alfredo Bowman, the renowned herbalist creator of the diet suffered himself from a host of diseases that made his life unbearable: diabetes, obesity, high blood pressure. He wanted to find a permanent, stable cure to his problems, without relying on medications or on the health care system, that so often has disappointed and abandoned African-Americans.

Dr. Sebi 's diet focuses on consuming plant-based and avoiding refined foods.

It is simply a vegan, plant-based diet that restricts foods and products made by industrialized processes.

Dr. Sebi posited that you create an alkaline state in your body when you do these two things, which makes it impossible for disease to reside in. All the products and foods on the diet are carefully chosen to minimize acidity in your food and your body mucus.

While he was highly criticized for his diet and ostracized by the scientific community, his claims turned out to be true: refined sugar and carbs are not only completely useless to our nutrition, but also the main cause of diabetes and cardiovascular diseases. A low-carb, whole natural diet is the only permanent, medication-free lifestyle you can adopt to cure these diseases; and the Dr. Sebi's diet is the perfect template for it.

The mucus reduction alkaline diet involves eating from a proprietary nutritional guide and food list, based on 40+ years of research identifying non-hybrid, alkaline foods while also consuming herbal essences of Dr. Sebi cell food.

Dr. Sebi's research showed that the disease is a result of mucus and acidity in the body and argued that in an alkaline environment, diseases could not exist. His plan, which requires a very strict nutritional regime and supplements, promises to detoxify the disease body and restore alkalinity.

The diet restricts any kind of animal products, and overall focuses on vegan eating but with much more stringent rules. It is essentially a raw vegan diet that does not focus on portion control, but rather on eating the right food. It might seem quite restrictive, but as you will find out in the last chapter there are some amazingly tasty recipes on the diet, that will soon make you forget the highly refined, processed food we are used to, and that will help you lead a healthier and better life.

A central part to his health and nutrition plan is also the use of particular herbs, that he carefully chose during his many years of research in the field of herbal traditional medicine. He developed a new methodology and system to repair the human body with herbs.

He personally studied and observed plants and herbs in North America, Central and South America, Africa and the Caribbean, and developed a unique style and methodology for treating the human body with herbs that are rooted in his more than 30 years of empirical experience, knowledge, and experience.

CHAPTER 1

What is Dr. Sebi Diet and How It Works

Dr. Sebi felt that the Western solution to illness was unsuccessful. He believed that acidity and mucus — which bred bacteria and viruses — induced sickness.

A big dietary hypothesis is that illness can exist only in acidic conditions. In order to avoid or eliminate the disease, the purpose of the diet is to maintain alkaline conditions in the body. The official website of the diet offers botanical medicines helping to detoxify the body.

The platform does not relate any literature that supports its safety advantage claims. The Commission states that the Food and Drug Administration (FDA) has not studied the statements. The creators understand that they are not professional practitioners and do not intend to provide professional recommendations.

Methodology

Sometimes just one step, can get you to a state you had only dreamed about. Going on an alkaline diet will be the battle that ultimately contributes to a balanced lifestyle. An alkaline diet is an assumption that certain products, such as berries, vegetables, roots, and legumes, leave an alkaline residue or ash behind in the body.

The body is strengthened by the key ingredients of rock, such as calcium, magnesium, titanium, zinc, and copper. To avoid chronic diseases such as asthma, malnutrition, exhaustion, and even cancer, an alkaline diet is the perfect prevention tool.

Here are ten strategies to adopt the alkaline diet effectively.

1. **Drink water** - Water is probably our body's most important (after oxygen) resource. Hydration in the body is vital as the water content determines the body's chemistry. Drink between 8-10 glasses of water to keep the body well hydrated (filtered to cleaned).

2. **Avoid acidic drinks like Tea, coffee, or soda** - Our body also attempts to regulate the acid and alkaline content. There is no need to blink in carbonated drinks as the body refuses carbon dioxide as waste!

3. **Breathe** - Oxygen is the explanation that our body works, and if you provide the body with adequate oxygen, it should perform better. Sit back and enjoy two to five minutes of slow breaths. Nothing is easier than you can perform Yoga.

4. **Avoid food with preservatives and food colors** - Our body has not been programmed to absorb such substances, and the body then absorbs them or retains them as fat, and they do not damage the liver. Chemicals create acids, such that the body neutralizes them either by generating cholesterols or blanching iron from the RBCs (leading to anemia) or by extracting calcium from bones (osteoporosis).

5. **Avoid artificial sweeteners** - These sweeteners, which tend to be high in low fat, are potentially detrimental to the body. In addition, Saccharin, a primary ingredient in sweeteners, triggers cancer. Keep away from these things, therefore. Go for less healthy food, still a decent one.

6. **Exercise-** The alkaline and the acidic element will also be matched. This is not just a question of taking in alkaline milk. A little acid (because of muscles) often regulates natural bodywork.

7. **Satiate your urges for a snack by eating vegetables, or soaked nuts** - Whenever we are thirsty, we still consume a little fast food. Establish a tradition of consuming fresh vegetables or almonds, even walnuts.

8. **Eat the right mix of food** - The fats and proteins of carbohydrates need a specific atmosphere when digested. And don't eat it all at once. Evaluate the nutritional composition and balance it accurately to create the best combination of all the nutrients you consume.

9. **Use Green powders as alternates to food** - This tends to improve the alkaline quality of the body.

10. **Sleep well** - Seek to escape the pain. Our mind regulates the digestive system, and only when in a relaxed, focused condition can you realize it functions properly. Relax, then, and remain safe!

Nutrition Guide

Dr. Sebi’s Nutrition Guide includes a variety of guidelines, such as:

- Only eat nourishments recorded in the guide;
- Drink 1 gallon of common spring water day by day;
- Avoid creature items, half and half nourishments, and liquor;
- Avoid utilizing a microwave, which will "slaughter your food;"
- Avoid canned and seedless natural products.

The Doctor Sebi Diet, is it Safe?

Research suggests, however, that a diet focused on plants will improve wellbeing. There are other issues that we will address in the following segment.

Other health benefits of herbal diets can include:

- Loss of weight -in the 2015 report, a vegan diet contributed to greater loss of weight than other, less restricted diets. After six months, participants lost up to 7.5 percent of their body weight on a vegan diet.
- Appetite management — A 2016 analysis of young male participants showed that after consuming a meal containing peas and beans, they feel more relaxed and happier than after a meal containing beef.
- Microbiome modification – the word "microbiome" generally applies to intestinal microorganisms. A research study in 2019 showed that a plant-based diet could favorably modify the microbiome and contribute to lower disease risk. However, more work would be required to validate this.
- Decreased risk of illness — A plant-based diet study in 2017 found that the potential for coronary heart failure may be lowered by 40 percent and the likelihood of developing metabolic syndrome and type 2 diabetes by around half.

Dr. Sebi’s lifestyle encourages people to consume natural foods and removes packaged products. A 2017 study showed that a decrease in the consumption of refined foods would increase the overall nutritional consistency of the U.S. diet.

Dr. Sebi's diet is stringent and does not contain adequate significant nutrients that are not explicitly identified on the diet webpage.

If a person follows the diet, he or she may benefit from a healthcare provider who can advise on appropriate supplements.

CHAPTER 2

Alkaline Herbs and Spice

Herbs Self-Cleanse and Revitalize Your Body

Detoxification or cleansings depend on the types of fasting that you desire and trust me, it will do you better if you consume some of the cleansing herbs during your fasting period. However, if you decide to do the water fasting for a week, then throughout that week, you should consume only water and the cleansing herbs in a tea and nothing else should be consume

List and Use

1. **Cascara sagrada** is a shrub plant, that most people only know it as “dietary supplement,” and was allowed to be sold in the pharmacies as over the counter drugs. However, in 2002, FDA declares that it doesn’t meet the standards to be sold as over the counter drugs (OTC) or prescription drugs. Before then, the dietary supplement or the bark of Cascara Sagrada was used as a purgative for constipation. One sweet thing about this shrub is the fact that it is a bitter less extract that can also be used as a flavoring agent.

2. **Rhubarb Root** is the root and underground stem (that is, rhizome) of the Rhubarb plant. This plant’s root has been used by the traditional Chinese people as a medication for the treatment of digestive tract disorder which include; stomach pain, constipation, menstrual cramps (dysmenorrhea), diarrhea, swelling of pancreas etc. The stems of this plant is also used as a flavoring agent and mostly used to make pie and serves as great recipes. Because of the chemicals that Rhubarb root contains such as fiber, research has it that it a potent laxative has the potency to reduce swelling, treat cold sores and improves the tone and health of the digestive tract, cleans heavy metal and harmful bacteria, improve the general movement of the intestines and also, reduce cholesterol levels.

3. **Prodigiosa** is also known as ‘Brickellia Grandiflora herb’ it is a flowering plant/shrub from the daisy family and native to Mexico and California. These plant/shrubs have been use by the Mexican as a tea for the treatment of; diarrhea, diabetes and stomach pain. Research carried on Prodigiosa shows that, the plant is an antioxidant, it contains chemical compound that aid in stimulating the pancreatic gland to secret and reduces or lowers blood sugar level, aid the digestion of fat in the gallbladder and also, improves the healthiness of the stomach digestive system.

4. **Burdock root** is the root of a plant called Burdock that can be found all over the world. Virtually everything about Burdock is important as its root is used as food and medicine and it leaf, and seed

are used for medicinal purpose. A lot of people believe that consuming Burdock orally, helps to increase the flow of urine, eradicate germs, purify blood, prevent and treat cancer, joint pain, cold, diabetes, anorexia, fever, bladder infections, syphilis, stomach and intestinal complaints. This plant does not stop there as it also helps in treating and preventing of skin diseases such as; acne and psoriasis. Burdock also help in boosting of sex drive (libido), lowering of high blood pressure and cleansing of the liver and lymphatic system.

5. **Dandelion** is a flowering plant also known as “Taraxacum officinale” it is a native to Europe. It is commonly found in the mild climates of the northern hemisphere. These flowering plants have been in used for centuries before now for the treatment of swelling (inflammation) of the pancreas, cancer, tonsils (tonsillitis), acne, bladder or urethra, digestive and liver disorder. Because of the vitamin (A, B, C, E and K), mineral (iron, potassium, magnesium and calcium) and other compound (Polyphenols, Chicoric and Chlorogenic acid) that Dandelion contains, research has it that it has the potency to detoxify gallbladder, kidney and purifies blood. It also dissolves kidney stones, treat and prevent diabetes and relief liver and urinary disorder. It also contains chemicals that may increase urine production which helps in cleansing the urinary tract and prevent crystals from forming in the urine.

6. **Elderberry** is also known as European elderberry or black elder or Sambucus nigra. It is a flowering plant that belongs to Adoxaceae family and the native to Europe. These flowering plants are common in Europe and many other parts of the world. This plant can grow as long as 9 meters. That is 30feet tall and has a lot of clusters (white or cream-colored flowers) which is known as elderflowers. The leaves of elderberry have been used for many years for the treatment of pain, inflammation, swelling, and to stimulate urine production and to induce sweat. The bark is not left behind as it was also used as laxative, diuretic, and to induce vomiting.

7. **Guaco** is a climbing plant that is also known as “Guace or Vedolin or Cepu or Bejuco de finca or Liane Francois or Cipo caatinga

and other names. This climbing plant is rich with various minerals and compound. It is from the family of Asteraceae, and species of cordifolia. Its leaf is very medicinal and nutritional.

8. **Mullein** is a flavorful beverage plant that is also known as ‘Aaron's rod, Candlewick, American mullein, Adam's flannel, Denseflower mullein, Candleflower, European or orange mullein etc. this flavorful beverage plant has been used for centuries before now for the treatment of diverse sicknesses, which include; asthma, tuberculosis, pneumonia, chills flu, gastrointestinal bleeding, colds, chronic coughs and others.

Natural Herbal Tea

According to Dr. Sebi, it is important to maintain a “consistent use of natural botanical remedies’ and doing so will cleanse and detoxify the body.

While using herbs and natural remedies is an important step in your journey to greater health, you must also remember to make the right adjustments to your eating habits by following the recommended foods list.

List and Use

We have seen that a plant-based nutrition is fundamental for a healthy diet. But when we talk about plants, we can’t consider only fruits and vegetables, in fact there is also an incredible variety of herbs with a powerful alkaline effect. We need to understand how important they could be for our health: they have a real healing effect that prevents and revers many diseases.

Herbal medicine is a very ancient practice and it consist in a series of healing techniques based on plants; also, the official modern medicine is aware of the extraordinary properties of many plants and it uses them for many common drugs.

We can assume most of their macronutrients in a totally natural way simply through infusions, so we can’t neglect them in our alkaline diet. I want to mention a very famous plant: chamomile. Many people use it to relax or sleep, but very few people know its important alkaline effect: when you're stressed or worried, your body increases the production of acid, so a chamomile tea, thanks to its relaxing effect, helps your body to balance its pH value. Moreover, chamomile fights arachidonic acid and the result is an important anti-inflammatory effect.

Alfalfa, also called Lucerne, is a less know herb with an incredible high level of nutrients. Its name means “Father of All Foods”, in fact it contains a wide variety of vitamins, minerals, protein and essential amino acids. Beyond its alkalizing effect, it allows you to reset your metabolism and stay away from different common diseases. More in details, it can:

- lower the cholesterol level
- increase immune system functionality
- clean the blood
- support digestion
- alleviate allergies
- relieve all forms of arthritis
- relieve headaches and migraines

You should drink alfalfa tea daily, mixing it with another flavored tea if you prefer, since alfalfa is very mild in flavor. Or you could take this herb in capsule form. Whatever you decide, remember that this herb should never be missing, it is one of the biggest secrets for an incredible healthy life!

Dandelion is another alkaline herb that you can eat as a tea or also as a salad. It is an effective aid against kidney stones, it promotes weight loss and it contains potent Antioxidants. Dandelion is very rich in vitamin C and folic acid, which are susceptible to heat: for this reason, I suggest you consume this herb as a fresh vegetable, preparing delicious salads with other vegetables. Dandelion is of course very cheap, you can easily collect it in the fields or cultivate it in your garden, so you should seriously consider adding this herb in your daily healthy diet.

A particular and almost unknown medicinal herb tea is the one based on red clover. It contains isoflavones, natural phytoestrogens with high antioxidant effects, used for cancer prevention, indigestion, asthma and bronchitis. Red clover is particularly suitable for women, because it promotes female reproductive health and it may reduce risk of breast cancer.

There are many herbs that are totally undervalued: usually people think that their only purpose is to add flavor to our dishes, but they add much more than that. I think for example of parsley, basil, cilantro, oregano, sage and thyme.

Nobody knows that parsley contains more vitamin C than oranges! Similarly, it has a very high percentage of vitamin K and a lot of iron.

Basil releases into our body high quantities of eugenol, a powerful anti-inflammatory, while oregano is one of the best sources of the free-radical fighters.

Among the other alkaline herbs, that we can use to prepare excellent infusions, we can mention lime, sarsaparilla, verbena, sage, and laurel.

Laurel is a valid ally against respiratory diseases like flu, bronchitis, cough and pharyngitis. Moreover, it has positive effects for the treatment of vascular problems and arteriosclerosis. You should consider also to buy the essential oil, which has antibacterial and antitussive properties.

CHAPTER 3

10-Day Detox Plans with Herbs

Day	Morning	Evening
1	Savory	Bird Pepper of Africa
2	Thyme & Dill	Fresh Cayenne
3	Bay Leaves	Sage
4	Sweet Basil & Basil	Achiote
5	Tarragon	Pulverized Onion
6	Cloves	Habanero
7	Oregano	Sweet Sensational Savor
8	Pulverized Granulated Seaweed	Purified Cactus Agave Syrup
9	Purified Sea Salt	Date Sugar
10	Kelp	Nori

CHAPTER 4

How to Follow The Diet

Rules to Follow

To follow Dr. Sebi's diet, you need to strictly adhere to his rules, which are present on his website. Here is a list of his guidelines below:

1. Do not eat or drink any product or ingredient not mentioned in the approved list for the diet. It is not recommended and should never be consumed when following the diet.
2. You have to drink almost one gallon (or more than three liters) of water every day. It is recommended to drink spring water.
3. You have to take Dr. Sebi's mixtures or products one hour before consuming your medications.
4. You can take any of Dr. Sebi's mixtures/products together without any worry.
5. You need to follow the nutritional guidelines stringently and punctually take Dr. Sebi's mixtures/products daily.
6. You are not allowed to consume any animal-based food or hybrid products.
7. You are not allowed to consume alcohol or any kind of dairy product.
8. You are not allowed to consume wheat, only natural growing grains as listed in the nutritional guide
9. The grains mentioned in the nutritional guide can be available in different forms, like pasta and bread, in different health food stores. You can consume them.

10. Do not use fruits from cans; also, seedless fruits are not recommended for consumption.

11. You are not allowed to use a microwave to reheat your meals.

How Prepare the Body

It should be clear that it is a restrictive diet low in calories. Many people believe that because of this reason, it cannot be used as a standard way to lose weight as it puts too much stress on the body of a new dieter. Because it is low in calories and an intensive diet, weight loss can be seen, but the person needs to assess whether they are capable of handling a low caloric diet. Being too ambitious with this diet might turn fatal, so if you want to try the diet, be careful!

This diet has been suggested to be followed throughout one's entire life, which might not be possible for a new dieter. With any diet, if you start cutting foods strongly and then revert to your old routine of eating unhealthy meals, the chances are that the weight loss and benefits you see will get reversed. This is a risk in this diet as well. When starting, set reasonable goals and don't go too strongly. Let your body first get used to it and then start setting up more ambitious goals.

Meal Plan

Starting the diet can be daunting, so here is a list of meal ideas that you can copy from. For the first few days, follow it so that you get used to the diet.

Breakfast

1. Banana pancakes with agave syrup (more than one is recommended).
2. A strawberry and banana smoothie with added hemp seeds and water.
3. Cooked quinoa with coconut milk (pure) and agave syrup for sweetness (add a fruit of your choice as well).

Lunch

1. A salad made up of kale, tomatoes, onions, avocados, and chickpeas with olive oil and dressing of herbs.
2. A pizza made with spelt flour, Brazil nut cheese topped with different vegetables like tomatoes, etc.
3. A pasta made of spelt with different vegetables, and lime and olive oil dressings.

Evening Snack

1. A smoothie made by cucumbers, kale, a few pieces of ginger, and one or two apples.
2. Herbal tea accompanied by the fruit of your choice.
3. Blueberry muffins made by spelt and teff flour, coconut milk (pure), agave syrup, and blueberries.

Dinner

1. A wild rice stir-fry with vegetables of your choice.
2. A burger made up of spelt flour bread; tomatoes, onions, and kale as vegetables; and a chickpea patty.
3. Thick vegetable soup made up of zucchini, mushrooms, peppers, spices, sea salt, onions, and seaweed powder.

Drink Water

Smoothies are a drink, and by drinking them, you are ultimately fulfilling your water intake for the day. Dr. Sebi’s diet requires you to drink one gallon of water daily, but that can be difficult. Dehydration is a serious problem that can lead to anxiety. To prevent that, you need to drink lots of water, which the smoothie diet helps you with.

What You Should Not Eat

Foods that are not listed in the nutritional guide are not allowed to be consumed. Some examples of such foods are given below:

1. Any canned product, be it fruits or vegetables, listed in the nutritional guide
2. Seedless fruits like grapes
3. Eggs are not permitted
4. Any type of dairy product is not allowed
5. Fish is not permitted
6. Any type of poultry is not to be eaten
7. Red meat is strictly banned
8. Soy products, which are a replacement for meat, are also banned
9. Processed foods are not allowed
10. Restaurant foods and delivered foods are not to be consumed
11. Hybrid and fortified foods are not permitted
12. Wheat is not permitted
13. White sugar is strictly banned
14. Alcohol is banned
15. Yeast and its products are not allowed
16. Baking powder is not permitted

Some other foods and ingredients have been cut off. You only need to follow the nutritional guide to know what you have to eat.

Alkaline Meal Plan

Among the diverse body parts, the liver is among one of the significant organs, for it has considerable capacity in body detoxification. Through this body detoxification, synthetics and other outside substances like poisons and even defecation, pee, and sweat are expelled from the body. These substances originate from the unsafe nourishments that we eat like handled and non-regular rich nourishments, liquor drinks that we devour, cigarettes that we smoke, and even drugs that we expend for anti-infection treatment and hormone elective drugs. These substances are the ones that our bodies attempt to take out every day.

When there are many harming materials inside the body, the liver needs to keep keeping up until its ability runs out. When this is dismissed, vast amounts of poisons can be gathered in the body and will cause many body issues and diseases. To anticipate this and keep up excellent health, we should experience a detoxification diet and take significant consideration of our liver.

A liver detoxification plan can be completed either on a three-day, seven-day, or twenty-one-day program. This depends on a firm focus on a diet with unprocessed and natural foods grown from the ground, entire grains, and water cure with enough measure of water or liquid other option. Nourishments that are wealthy in fat or sugar, caffeine, liquor drinks, unnatural and human-made nourishment, drugs, and low-quality nourishments would all be able to must be put to a stop, at any rate, seven days before the diet plan.

One to Three Days: This is the period to start your fluid diet plan where you need to drink around ten to twelve glasses of water ordinarily alongside frequently crushed lime juice. Even though it can indeed be challenging to execute this diet because of the weariness and slightness, light exercise can be included as a request to affix the method of flushing the poisons out of the body. Additionally, you should shun taking in any sort of milk or dairy item.

Four to Six Days: Fresh organic products, vegetables, and entire grains can be expended like celery, apples, carrots, oranges, which would all be able to be blended into one juice. The juice can incorporate your selection of leafy foods. Even though healthy nourishments are devoured, there are as yet liquid choices, for example, natural teas for around a few cups every day. Concerning suppers, they can incorporate cut and bubbled vegetables like celery, carrots, broccoli, and spinach. Besides, you can likewise utilize soups that can be taken in at regular intervals.

Seven days: Along with the leafy foods, the liquids are expended together. They would all be able to be arranged by having them crude or steamed. Additionally, you can consume rosemary tea and dandelion options, which can be useful for this period.

You can generally change the sorts of foods grown from the ground that you will use as long as you oblige the strategy. When the seventh day is a doe, you can participate in the typical diet; finally, however, there is still a restriction on liquor consumption for around one entire week after the detoxification diet. You have to end the food once you feel torment, disorder, and squeamishness. Most likely, this detoxification diet can have an enormous impact on the advancement and support of a healthy lifestyle.

Instructions to Detox Your Body with Alternative Therapies

Conventional Chinese Medicine (TCM) is a fantastic asset when figuring out how to detox your body, and is mainly prescribed for treating stomach related issue, for example, bad-tempered inside syndrome; ceaseless skin conditions like dermatitis; weariness and despair; hormonal awkward nature, for example, PMS; endometriosis and poor sperm tally, and barrenness (both male and female). It can create results with interminable conditions that Western methods neglect to help. At the point when joined with a detox diet, it can make perceptible upgrades to a people's health and prosperity.

Self-finding and treatment of ailments are not suggested; however, at some TCM focuses, you can portray your side effects to the specialist behind the counter and get a suitable cure on the spot. TCM can be useful for treating individuals experiencing withdrawal from drug and liquor addictions. Liquor makes liver and nerve bladder uneven characters, which realizes a mix of unnecessary moistness and warmth.

Numerous drugs are prepared through the liver, making it warmed and blocked, so the liver's blood gets frail and insufficient. TCM equations center on clearing and supporting the liver and nerve bladder, while simultaneously treating the heart, to help quiet the brain and sensory system. Consolidating TCM with figuring out how to detox your body yourself is probably the best thing you can accomplish for your health.

CHAPTER 5

Advantages of the Dr. Sebi Alkaline

The alkaline diet has a lot of benefits in maintaining a person's health. Its benefits are mostly provided by decreasing the consumption of unhealthy foods and eating more vegetables and fruits. To get the most out of any diet regimen is to accompany it with other healthy routines like exercise. It is a great idea to start an alkaline diet to improve your everyday life as we are drowning in bad health with our lazy lifestyle and fast foods. The following is a list of benefits that can be provided by this diet.

Weight loss

This diet was not made with weight loss in mind, but because it is extremely restrictive, you will see weight loss. Also, one of the main reasons that this diet is effective in reducing weight is that it makes people stop consuming Western foods, which are highly caloric, oily, and sugary.

Weight loss occurs when you eat less or equal amounts of calories that you can burn. If you follow this diet—which is low in sugar, fat, and processed foods—you can get your perfect body.

Any diet whose main component is eating unprocessed plant-based foods is shown to reduce the causes of heart disease and also obesity.

The foods listed in this diet are low in calories, except for some nuts and oils. Even if you eat a large quantity of them due to excessive hunger, they will not overthrow your daily calorie intake by much. If you eat other types of food, they will result in weight gain and excessive eating.

A constant state of weight loss can only be possible if you plan your servings and portion out ingredients properly. The diet does not provide this information, so it will depend on your management skills to plan your meals.

Improves kidney function

Acidic diets mostly affect the health of the kidneys and damages the layers inside the organ system. To promote kidney health, the pH of the urine mustn't be acidic. By consuming a lot of alkaline food and removing acidic foods from our daily routine, we can reach this pH in which our kidneys remain safe and healthy. Alkaline diets do not affect the pH of the blood, but it can significantly affect the urine. Drinking a lot of water alongside this diet can improve kidneys even more.

If you're suffering from any chronic kidney disease, then you should know that this diet is not targeted for you. You can follow the diet after consulting your doctor first.

Reduces the risk of cancer

There are almost no significant studies that show that an alkaline diet leads to decreased cases of cancer. However, there have been lessons that show that if a person were to eat less meat and increase their consumption of fresh fruits and vegetables, then that person is at a lower risk of cancer.

Also, another study showed that having more vitamins, like vitamin C, in your diet can prevent cancer. Generally, eating more fruits and vegetables and consuming less high fatty and sugary foods leads to a reduction in developing cancer.

Reduces the risk of heart disease

Heart disease is the major cause of death in the world. It is mainly caused by eating lots of fat and oily foods, which results in the development of plaque and blockage of arteries. In this diet, the consumption of fats goes down significantly, decreasing the chances of developing heart disease.

It has also been shown that growth hormones are related to decreased rates of heart disease. An alkaline diet increases the levels of growth hormones, so, in turn, it decreases heart disease as well.

Reduces the risk of muscle degradation

When we grow old or stop using our muscles, we tend to increase muscle loss. However, there was a study conducted in 2013 showing that people who follow the alkaline diet could decrease muscle degradation. The diet is low in red meat, so there is a risk of decreasing muscle mass and strength.

People eat more fruits and vegetables

Nowadays, people lean towards the fast and tasty treats and forget about eating fresh produce. Following this diet will lead to people consuming their daily requirement of vegetables and fruits. With the increase in their intake, we take in all their benefits and nutrition as well.

Increases intestinal health

With the addition of whole grains, there is a list of nuts and seeds that you can eat on this diet. It contributes to an increase in fiber intake, which increases the health of small and large intestines. It helps manage regular bowel movements, which reduces the risk of developing many diseases.

Decreases the harmful effects of processed foods

Processed foods have been linked to increased sugar intake and fat content. They also contain lots of calories but have very low nutritional value. Many additives and preservatives that have no purpose in our body are eliminated from our diets if we strictly avoid processed foods.

It helps the brain

The growth hormone is not only related to a better heart condition but also helps manage the health of the mind. It is related to an increase in memory and cognition. Eating a healthy diet rich in fruits and vegetables leads to better brain functioning.

It may improve back pain

Alkaline minerals are related to the reduction of back pain, but whether alkaline foods provide the same results has yet to be determined. There is a decent chance that the diet has similar effects.

Decreases the level of inflammation

Diets rich in fresh fruits and vegetables show a great decrease in oxidative stress and inflammation. This leads to less discomfort and fewer diseases developing in our bodies.

CHAPTER 6

Tips for starting the Dr. Sebi Diet

Dr. Sebi's nutritional guide is quite strict, so one has to be mentally and emotionally prepared before starting this diet. It sounds impossible to follow, but once you get all the information you need, you will find yourself set for the journey.

The critical aspect of eating is eating correctly. 3-5 meals a day, chewing well, and not drinking water before your meals are the universal rules to follow, on a diet or not!

Digestion

Humans need food to live. The food we can find in nature: fruits, vegetables, fish, and other animals.

Digestion is a form of catabolism that helps us breakdown large food molecules into small soluble molecules that will be absorbed through the small intestines into the bloodstream and then into the cells, tissues, and organs.

The digestive system starts with chewing. The contact of food with the saliva starts the digestion and provides the ideal conditions of pH. The food transfers to the stomach, where, with the aid of gastric acids and enzymes, is transformed into smaller molecules.

After a few hours, the resulting liquid enters the duodenum, where, with the assistance from pancreatic digestive enzymes and bile juice from the liver, it continues to be digested. Once digestion is over, the nutrients are absorbed into the blood.

So, proteins are converted to amino acids, glucides to glucose, and lipids to fatty acids.

Metabolism

The metabolism is a set of chemical reactions in any organism. It helps us:

- converse the essential nutrients from foods into energy
- converse foods into proteins, nucleic acids, lipids, and carbohydrates
- eliminate the nitrogenous waste

Each human needs food to live, have the power to work, fight harmful elements, revitalize cells and tissues, and eliminate toxins from the body.

Finding food was always a problem for humans. The first people on Earth only used a vegetarian regimen. In time, they started hunting and fishing. When they discovered fire, people began to vary their diet- now they had tools to grow crops and raise animals.

In the 19th century, people started to use refined products such as sugar, flour, and other food concentrates.

In the 20th century, people started to use hybrid and genetically modified foods due to selective breeding and mutation breeding.

Why is food so important?

We need food to obtain the lipids, proteins, vitamins, minerals, and carbohydrates our body needs daily to synthesize into nutrients.

With the help of digestion, we can obtain the essential enzymes, amino acids, and other nutrients vital for our body's functioning. They will keep us healthy and robust.

With the help of metabolism, we make the most of the nutrients. In small words, the faster our cells, tissues, and organs synthesize the small molecules, the more our body stays in shape. There will be no time for BAT (brown adipose tissue) to form.

Mindset

Plants are probably the best choice for our nutrition. Dr. Sebi certainly thought so. In my humble opinion, he was entirely right.

Natural foods can only help us. Processed foods are full of additives, salt, sugar, and food preservatives, which are not entirely healthy and maybe a significant aspect of the high level of obesity and other health problems in the US. In the entire world, actually!

One could say: it depends on natural food! Yes, the nutritional guide for Dr. Sebi Diet is restrictive, some ingredients are not that easy to find in any supermarket, but with a bit of patience, you will come to realize that it is not that hard. Mindset is essential, as in anything worth fighting for!

When you want to lose weight, you must consider that restriction is a must, and obstacles will always pop up when least expected.

Try to focus on your goal and not on how limited your meal options are.

Being emotionally ready is a big step ahead. Changing your eating habits is not easy. Daily habits are firmly inserted into our subconscious, so we must take the time to adjust them. Begin with small steps and keep telling yourself that this is the right way to achieve your goals, weight loss, and overall health.

Get support from your family and friends, surround yourself with positive people, and proceed step-by-step. Small changes each day will lead to lifetime healthy eating habits.

Drink more water

We all know how liquids are essential for the proper functioning of our body. The body contains from 55% to 78 % water, depending on body size and age.

We can live with no food for a month, but we don’t last more than a few days without water.

Apart from this essential role in life, we use water also to cleanse our bodies. It plays a significant role in maintaining our brain healthy, ensuring proper body functioning, and eliminating toxins from our body.

Keeping well hydrated is vital. Indeed, Dr. Sebi's supplements contain herbs that promote urination to remove toxins, so you must drink more water to replenish the water eliminated.

He advises drinking up to one gallon of water a day. In his opinion, spring water is the best choice since it's naturally alkaline. The tap water can contain high levels of chloride and other contaminants.

Start reading food labels

In any diet that we may follow, knowing what we eat is a must. We will have to deprive ourselves of favorite foods or drinks so that the journey will become tricky.

Starting to read labels will help us understand that junk food is not necessary. It will become easier to let go of some usual foods or snacks which don't contain our needed nutrients.

Knowing what you eat and drink will make you aware of the right food choices you are doing. Changing eating habits will come naturally.

In case of relapse (it's normal to experience it at some point!), the good thing is that you will be completely aware of what you did wrong, what you ate, and shouldn't have.

It may sound stupid, but it's an incentive to change your eating habits for good!

Whole foods

Fresh fruits or vegetables, anything that you like from Dr. Sebi's nutritional guide, of course, are easy to cook, mainly because most of them are best to be consumed raw.

The idea is to avoid packaged or processed foods and slowly introduce into our diet whole foods. Cooking your meals may help you better realize the importance of the diet. Sometimes, you can get great satisfaction from cooking new recipes.

Cooking your meals will make it easier for you to get in control over the foods to eat, so you reclaim your health while trying new approaches to your favorite dishes. The approved ingredients on Dr. Sebi’s nutritional guide could add spice to your life.

Snacks

Old habits dye hard! Food is the comfort blanket of the brain. When on a diet, our brain sends us signals of danger, so we “have” to eat in those moments.

Snacking is not necessarily a bad habit. If we have at least 6-7 fruits or vegetable snacks a day, it will work just fine.

Instead of going for a bag of chips, one should eat an apple, some olives, dried fruits, or cherry tomatoes. Our brain is satisfied, our body no longer feels hungry, and we stay fit and slim.

CHAPTER 7

Benefits of Dr. Sebi’s Diet

Dr. Sebi’s Diet is not just another fad. It has numerous benefits besides weight loss. Let’s find out how following this vegan, alkaline-based approach to food will completely change our lives.

Weight

Weight loss is the main goal for most of us. Even if Dr. Sebi did not develop this diet for weight loss, we realize that we can lose weight by following his rules.

The diet is based on consuming vegetables and fruits, which are high in vitamins, minerals, fiber, and other compounds associated with reduced inflammation, oxidative stress, and protection against many diseases.

A study has shown that those who ate seven or more servings of fruits and vegetables a day had a lower incidence of cancer and heart disease.

This diet is based on principles opposite to the Western diet since it restricts us from processed foods, dense fats, sugar, salt, and other harmful ingredients.

Detox

The Dr. Sebi Diet is also suitable for eliminating toxins and processed elements from the body.

Our body needs food, and we find all the food we need in nature. But some elements of the foods we eat are harmful. Once they are processed, some become toxic for our bodies. Consuming meats, some vegetables, dairy products, processed foods, and others leads to release of certain harmful elements. These are only a shortcut to chronic diseases.

The purpose of the Dr. Sebi Diet is to eliminate toxins bound to increase the risk of developing such diseases. It will also help us improve our health, vitality, and strength.

Intra-cellular cleansing is necessary to cleanse the body's systems on a cellular level to correct any damage or imbalances. Imbalances refer mainly to nutritional deficiencies and damages to your natural biological structure due to excess toxins, acids, calcification, and mucus build up in your body's systems.

Good eating habits

When one is on a diet, he has to face restriction, straining physical exercises, and, most importantly, dealing with new eating habits.

That is the worst part- getting used to something new, something that "we have to do". When someone tells you to do or not to do something, it may become tricky!

Trust me, I know. The positive aspect is that your body will get used to the new dietary regime in only a few days. Why?

We are vegetarians, even if nobody tells you that. Mother Nature has a way to provide us with all we need. She takes care of plants, animals, and humans. For Amerindians, it represents the goddess of fertility who presides over planting and harvesting.

If nature didn't make it, don't take it!

Anyway, changing your eating habits is not easy, but you will find that it is quite easy if you follow some simple rules for some days. From there on, it will go naturally!

Lower risk of chronic diseases

A potential benefit of this diet is a lower risk of cancer, high blood pressure, heart diseases, and type-2 diabetes. Why? All due to natural foods that contain no harmful nutrients.

CHAPTER 8

Some Disease and Dr Sebi Herbal Cure

Some of the chronic diseases we can cure with Dr. Sebi's diet are:
Hypertension/ High blood pressure.
Hypertension is a long-term health condition in which blood pressure is persistently elevated. It is a significant risk factor for strokes, heart failure, vision loss, and even dementia.

For the cure, we must keep away from meat and alcohol, drink not too much tea, and eat fruits and vegetables approved by Dr. Sebi. The vegetables to eat are olives, wild rice, lettuce, cucumber, bell peppers, kale, squash, valerian, and chickpeas. Dry fruits are the best choice for our diet.

Type-2 diabetes

Type-2 diabetes is a chronic disease that occurs as a result of obesity, especially in people over the age of 40. It is characterized by a lack of insulin, which is a crucial factor for digestion.

To cure diabetes, we must stay away from fried foods, teas with sugar, rice, and lens. The vegetables to eat are kale, cucumber, lettuce, cherry and plum tomatoes, chickpeas, bell peppers, squash, mushrooms, dandelion, and onions.

We can only eat fruits like red raspberry, plums, apples, and seeded key limes.

Sour soups are highly indicated for the cure of type-2 diabetes.

Obesity

Obesity is a chronic ailment in which excess body fat accumulated leads to various conditions, such as type-2 diabetes, cardiovascular diseases, obstructive sleep apnea, osteoarthritis, depression, and even some types of cancer.

It is caused by bad eating habits, inactive lifestyle, genetics, gut flora, mental illnesses, and social determinants.

The best cure for obesity is eating fruits and vegetables, keeping away from meat and alcohol, and drinking plenty of liquids.

Stress ulcer

An ulcer is a discontinuity in the body membrane, which hinders the normal function of the affected organ. Stress ulcer is the most common type of ulcer encountered in all countries.

It affects mainly the stomach and may lead to ulcerative perigastritis, stenosis, and massive bleeding.

Dr. Sebi’s cure includes eating vegetables like tomatoes and squash, ripe fruits (apples, peaches, raisins), sour soups, and plenty of herbal teas, especially fennel and chamomile, for their soothing effect.

Constipation

Constipation is a disorder that profoundly affects our well-being. Abdominal pain, bloating, and infrequent bowel movements may lead to other complications, such as hemorrhoids and anal fissure.

Dr. Sebi’s cure consists of eating fruits (mainly apples, peaches, plums, figs), vegetables (squash, kale, and chickpeas), basil, nuts, and plenty of herbal teas, especially fennel, dandelion, and chamomile.

Atherosclerosis

Atherosclerosis is a disease in which the arteries narrow, and that may lead to strokes, coronary artery disease, and kidney problems.

Smoking and consumption of alcohol are forbidden. Coffee should be limited, but lettuce tea is a valid help.

In addition to physical exercise, we should eat wild rice, fruits, and vegetables.

Herpes and STDs

Herpes and all STDs are viral infections that can not be defeated by the immune system.

The only means of prevention is safe sex. Dr. Sebi's cure includes herbal teas such as burdock and dandelion, eating a lot of dates, and lettuce.

Gout

Gout is inflammatory arthritis characterized by recurrent intense pain, red, hot, and swollen joints, due to low uric acid levels in the blood. It may lead to kidney disease.

In this case, we should combine fiber with the uric acid in the digestive tract, so it does not form crystals deposits anymore.

The most reliable way to prevent gout is to lose weight, consume lots of vitamins, and avoid alcohol.

According to specialists, dietary supplements do not have any effect on gout, but Dr. Sebi advises us to drink burdock, dandelion, and elderberry teas. Eating alkaline fruits and vegetables also helps to lower the uric acid levels.

GERD (gastroesophageal reflux disease)

GERD is a long-term ailment in which stomach contents rise in the esophagus. The leading cause is inadequate closure of the esophageal sphincter, but obesity, obstructive sleep apnea, and gallstones are also involved.

We must change our lifestyle, eat healthily, start exercising, stop smoking, and most certainly let go of acidic foods. That's why Dr. Sebi's nutritional guide will give us a hand to defeat this ailment.

Asthma

Asthma is a chronic inflammation of the longs, due to excess mucus accumulation, environmental and genetic causes.

It’s quite hard to prevent it, but easier to cure. Traditional medicine uses vitamins, fatty acids, respiratory maneuvers, and breathing techniques to maintain the lungs’ proper function.

Dr. Sebi advises us to use fennel, anise, chamomile teas, and alkaline fruits and vegetables.

CHAPTER 9

Dr. Sebi’s Alkaline Diet: Usefulness and Result

What Is the Result of the Diet?

The human body has a range of pH in which it gives optimum performance. It is slightly alkaline, with a range of 7.25–7.35. Many alkaline diets like this one promise to help the body maintain these slightly alkaline levels. In reality, it does almost nothing to the pH levels of the blood because the body has a built-in process to keep it under control. Regardless, following an alkaline diet leads to many health benefits as it encourages the consumption of fruits and vegetables, unprocessed fresh products, and discourages the use of alcohol and other potentially harmful substances. It also makes you drink lots of water.

This diet results in steady weight loss, decreases the risks of many diseases, and lowers the chances of developing them. Kidney stones and kidney diseases are less frequent. Bones and muscles get stronger. It results in higher functioning of the heart and brain, also lowering the chances of their deterioration. You are less likely to develop type 2 diabetes as it is related to obesity, and this diet helps remove obesity by effective weight loss.

People who believe in Dr. Sebi’s diet say that it reduces the built-up acidity in our body. If we stop eating alkaline foods, the acid will start to accumulate, and our body will attract many types of diseases. Eating a constant influx of alkaline foods helps to reduce diseases and acidity.

Who Could Benefit from this Diet?

Almost anyone looking to better their life can follow this diet. Unhealthy eating has become prominent all over the world. People of all ages prefer to practically run away from vegetables and fruits these days. Apart from some popular ingredients, people don't know about the large variety of foods that are available at their disposal. Because of laziness and ignorance, people choose not to look at all of the options that might greatly benefit them and settle for the easiest thing they can get on the plate. Dieting, especially alkaline dieting, which is mainly focused on vegetables and fruits, is a crucial step in improving people’s health.

More people are obese than ever before. Heart disease and diabetes are the major causes of death. All these aspects are related to bad eating and can be improved if we switch to a healthy and nutritious eating routine, just like this diet.

The people that can benefit the most are obese people looking for a way to shed some pounds so that they don't invite diseases into their bodies. The diet effectively makes a person lose weight and reach their weight goals, so obese and overweight people can improve their lives significantly. Also, it can help people suffering from heart disease and diabetes. Still, before patients should opt for the diet, it is advised that they seek the guidance of a health professional before adopting such a restrictive and low caloric diet.

Reviews About the Diet

Many people have tried and commented on their diet. The people who started the diet were mostly people looking for an effective weight-loss method. The dieting plan ranges for about four weeks for some people with probably a cheat day or two. A complete strict adaptation of the diet for your whole life, just as you are starting, is a near-impossible thing to do even if you have high motivation.

People switching to the diet for the first time—whose meals consist of meat, rice, and bread, with occasional snacking—found the diet to be very difficult during the first week. Their daily routine was affected as they felt a loss in energy, and they sensed weakness for the first few days. Dieters who took supplements and planned their meals to be rich in calories found that they gained some of their energy back, but it was still not enough. After weeks three and four, the diet became easier to follow. In the end, dieters on average saw a great reduction in their weight—approximately two to four pounds per day, after five or six weeks of dieting was completed.

For most people, shopping for the ingredients was quite expensive. You have to buy whole grain, vegetables, fruits, and also supplements that don't make it financially sustainable. It is already a restrictive diet, which makes the dieter lose motivation even further.

There was a concern about malnutrition among dieters. Because this diet cuts off all sources of protein and other compounds like Vitamin B12, they had to take additional supplements.

CHAPTER 10

Top 10 Foods that Seem Healthy but You Must Avoid

- **Fruit juice**

Many people start their day with a glass of orange juice. Well, they shouldn't. It takes four oranges to produce a single glass of juice. Although juice is a healthy beverage, unfortunately, all the fiber from the fruit has been discarded. Besides, fruit juice contains almost as much sugar as soft drinks. A better way to start a day would be to eat an orange, not drink a glass of orange juice. That way, you'll get all the vitamins, plus the fiber, and the amount of fructose your liver has to deal with would be minimal.

- **Farmed salmon (Atlantic salmon)**

Most people eat salmon because it's high in omega-3 fatty acids. However, farmed salmon available today have considerably lower levels of these healthy fats than the salmon we could buy only five years ago. The most likely reason for this is that salmon is now fed much less nutritious food. Besides, dioxin levels are ten times higher in farmed salmon than in wild salmon. This is bad news because this chemical is linked to cancer, organ damage, and immune system dysfunction.

- **Artificial sweeteners**

Artificial sweeteners are found in many sugar-free products, et chewing gums, baked goods, jams, etc. They are also what sugar replacements are based on, eg sorbitol, xylitol, mannitol, erythritol, maltitol, lactitol and isomalt. Although these artificial sweeteners are marketed as natural, they are actually heavily processed and are many times produced from GMO ingredients. Long-term use of artificial sweeteners can create an imbalance in your gut flora and contribute to the development of diabetes, gastrointestinal problems, weight gain, etc. On top of that, farmed salmon is regularly treated with banned pesticides. To make things even worse, it recently became legal to produce and sell genetically engineered salmon without having to label it as such.

- **Shrimp**

Farmed shrimps contain a certain food additive that is used to improve the color of shrimp. This additive has estrogen-like effects that can affect the sperm count in men and increase the risk of breast cancer in women. Besides, ponds where shrimps are raised, are often treated with neurotoxic pesticides known to cause certain neurological problems, attention deficit symptoms, impaired memory, etc.

- **Fat-free and low-fat milk**

When raw milk is pasteurized, it loses a lot of its nutrients. Long-life milk is particularly unhealthy because it first has to be dried at temperatures of about 1000 degrees Centigrade, after which water is added to it. Needless to say, no enzymes or any other nutrients can survive these high temperatures.

People usually choose low-fat or fat-free dairy products because they don't want to gain weight. However, what they don't realize is that when fat is removed, carbs or sugar are added. This is done so that milk would have flavor, otherwise, it would taste like water. So, fat-free and low-fat milk contains added sugar, which, if you drink a lot of milk, puts you at risk of developing diabetes or heart disease.

- **Coffee with added flavors**

Black coffee has a number of health benefits and can even protect you from certain liver diseases. However, after sugar, whipped cream or powdered milk has been added to it, it becomes a very unhealthy beverage.

It gets even more unhealthy if you add non-dairy liquid creamers based on corn syrup. Black coffee is the healthiest option because although these additives improve the taste of coffee, they also contribute to increased liver fat and some gastrointestinal problems.

- **Seitan**

We usually think of seitan as a healthy alternative to meat protein. However, it is simply wheat gluten. This means that even if you are not allergic to gluten but you often eat seitan, you may develop gluten intolerance symptoms. Besides, seitan contains a lot of sodium, over 500 milligrams per 100 grams.

- **Canned green beans**

For some reason, U.S.-grown canned green beans are some of the most toxic canned foods there are. This food is treated with some of the most dangerous pesticides and eating just one serving a day, puts you at risk of developing cancer and having other health problems. Besides, all cans are lined with materials that contain Bisphenol A. This is a synthetic estrogen that can create fertility problems for both men and women. Unless you can find fresh or frozen green beans, this is one of the foods you must avoid at all costs.

- **Diet soda**

The main reason you should avoid diet soda is that it's full of artificial sweeteners. For a number of reasons, these are worse for your health than ordinary sugar. So, if you drink diet soda regularly, you are at a higher risk of developing both cancer and diabetes.

- **Non-organic strawberries**

Some fruits and vegetables contain so many toxins from pesticides and fertilizers, that they are actually dangerous to eat. One of them is strawberries. Besides the pesticides, the soil on which non-organic strawberries are grown, is often treated with toxic gases. These were initially developed for chemical warfare but are now used in agriculture. In other words, if you can't afford organic strawberries, stay away from them.

CHAPTER 11

Approved Foods

We have seen how this diet can help us. Let’s see what foods we can use to obtain the best results.

The nutritional plan of this diet is a very strict one. What is not on the list, you should avoid as much as possible!

- **Vegetables**

Vegetables are parts of plants consumed by humans as food. They are mostly low in fat and starches but high in minerals, vitamins, and dietary fiber. Any nutritionist will encourage you to consume at least five portions of vegetables a day.

Vegetables have an important effect on the acidic-alkaline balance.

The vegetables for the Dr. Sebi Diet are:

- **Asparagus**

Asparagus is an ancient plant, low in calories and sodium, but rich in vitamins, dietary fiber, folic acid, potassium, and chromium- a mineral that regulates the ability of insulin to transport glucose from the bloodstream to the cells.

Water makes up 93% of its composition; therefore, it’s also used for diuretic properties.

It can be eaten raw- in salads, stir-fried, grilled, or in soups. In soups, it looses most of its nutrient properties.

This rule stands for any food that is boiled or over steamed. Raw foods, as Dr. Sebi says, are the best choice of nutrition. Other nutritionists apply the same rule to their diets.

- **Amaranth**

Amaranth can be used as a leaf vegetable or as grains. We will use both for our diet!

It is rich in carbohydrates, dietary fiber, minerals, and proteins. It is low in fat and does not contain gluten.

Stir-fried, steamed, or raw the best way to consume it. Grains can be eaten cooked or ground into flour for cookies, cereals, bread, crackers, and other baked products.

- **Avocado**

The avocado has American origins and is rich in vitamins, carotenoids, and fats. It is common in any vegetarian diet as a substitute for meat just because it has a high fat content.

Generally, avocado is served raw, but it is also used for juices and soups.

- **Bell peppers**

Bell peppers (red, green, white, purple, or yellow) are some of the sweetest vegetables.

They are native to Central America, Mexico, and northern South America but are now cultivated worldwide.

They are high in water (94%), vitamins, and carbohydrates and low in fat and proteins.

Served mostly raw, they make an exquisite and eye-catching dressing for green salads and sandwiches. Stir-fried, grilled, and steamed are also good ways to enjoy these tasty vegetables.

- **Cucumbers**

An ancient vegetable with mild melon flavor and slightly bitter taste.

Cucumbers are high in water (95%), vitamins, and kilocalories, but are low in essential nutrients.

We must eat it raw for this diet because pickled cucumbers contain acidic additives and sugar, which we must keep at bay.

- **Chickpeas aka Garbanzo beans**

Chickpeas are used in salads, soups, hummus (the main ingredient), and ground into flour.

They are an ancient plant, rich in proteins, dietary fiber, minerals, vitamins, and essential amino acids. They are 60% water and low in fat.

They are generally served rapidly boiled for 10 minutes and then simmered for a long time. It is used in salads, soups, ground into flour, and as an ingredient for veggie burgers, just like amaranth grains, both delicious and nourishing.

- **Chayote**

Chayote is an edible plant with American origins, rich in vitamins and amino acids.

It can be eaten raw, in salads and salsas, cooked just like the summer squash, or stir-fried.

Generally, we eat the fruit, but in some countries, shoots and leaves are also used for salads or stir-fries.

In the Dr. Sebi diet, it is used due to its diuretic and anti-inflammatory properties. The tea made of Chayote leaves is used to treat hypertension, dissolve kidney stones, and treat arteriosclerosis.

These are essential properties for detoxifying our bodies.

- **Dandelion greens**

Dandelion is native to North America, and Eurasia used as food and medicine.

It is high in vitamins and minerals. It contains 86% water, carbohydrates, moderate amounts of proteins, and very low fat.

The entire plant is edible, but we will use only the leaves. They have a bitter taste, but they make an exquisite ingredient for our green salads.

In the Mediterranean area is the most common ingredient of all diets, mainly for losing weight.

It is rich in calcium, so it’s essential for the growth and strength of bones. Dandelion also helps the liver functioning, protect it from aging, and treat liver bleeding.

It has been used in traditional medicine in China, America, and Europe. Dandelion is good for liver disorders, urinary disorders, diabetes, anemia, jaundice, and some types of cancer.

The dandelion powder is used to increase urine production and as a laxative. It is the ultimate skin toner, blood tonic, and digestive tonic.

It contains alkaline chemicals that make it a great anti-inflammatory agent. Some people use it for loss of appetite, joint pain, bruises, upset stomach, and gallstones.

- **Kale**

Kale or leaf cabbage has Mediterranean and Asian origins and has been cultivated for food for centuries.

It is high in carbohydrates, vitamins, dietary minerals, carotenoids, and low in proteins and fat. It is composed of 84% water and can be eaten raw, stir-fried, or steamed.

Stir-frying or steaming because it reduces the levels of glycosylate compounds, which are potentially dangerous for our health. For now, research has not yet shown that it affects our health.

All we know so far is that kale is included in any diet, prescribed by nutritionists or not. Mediterranean diet, the Sirtfood diet, and even Dr. Sebi’s diet.

Kale is a tasty ingredient to salads, veggie burgers, pasta, and smoothies.

- **Lettuce**

Lettuce is a leaf vegetable originally farmed by ancient Egyptians used for food and medicine.

Generally eaten raw, lettuce is a good source of vitamins, beta-carotene, folate, and iron.

It was used in medicine for typhoid, smallpox, rheumatism, nervousness, and coughs, but no scientific evidence has been found so far.

- **Mexican squash**

The Mexican squash is a vegetable used for food in soups, pickled, fried, grilled, in pasta, on pizzas, and even raw- in salads, sliced or shredded.

It has a low content in kilocalories but is high in folate, potassium, and vitamins.

- **Mushrooms (except for Shiitake)**

The mushroom is the fleshy fruiting body of a fungus. They are high in water (92%), carbohydrates, and vitamins but low in proteins and fat.

Edible mushrooms are used in cuisine all over the world for their delicious taste. Pay attention to toxic or hallucinogenic mushrooms!

They are used in traditional Chinese medicine, even if there is no evidence of benefits for health.

- **Onions**

Onions are vegetables with ancient Asian origins used as food and as medicine. They are used for healing oral sores, sleep disorders, ocular ailments, lumbago, and dysentery. It is one of the most worldwide known natural antibiotics.

They are about 89% water, rich in carbohydrates, and low in dietary fiber, proteins, and fat.

- **Okra**

Okra is an edible seed pod with Asian or South African origins, rich in carbohydrates, vitamins, dietary fiber, and low in proteins and fat.

For our diet, we may use both the leaves and the seeds. When the seed pods are cooked, it results in a slime, and that paste contains soluble fiber. To “deslime” it, you should use an acid, so it’s best to eat it raw or included in salads since we want to maintain an alkaline state of our body.

Okra is high in water (90%), carbohydrates, vitamins, and folate and low in proteins and fat.

We can also consume its leaves and seeds.

- **Olives**

The olive is an ancient tree, and its fruits are the core ingredient of the Mediterranean cuisine.

In our diet we can use olives and olive oil, a must in any diet.

The olives are a significant source of calories, vitamins, and water (75%) but are low in proteins and carbohydrates.

- **Purslane**

Purslane, aka duckweed, is a vegetable with European and North African origins that can be eaten raw, stir-fried, cooked, or in soups and stews.

It is high in water (93%), carbohydrates, calcium, and magnesium, relatively high in vitamins, but low in fat and proteins.

- **Squash**

The squash has Central American origins, and only five species are grown for their edible fruits and seeds.

Raw squash is 94 % water. It is a rich source of nutrients, such as vitamins and dietary minerals. It is low in proteins and fat.

The seeds contain vitamins, saturated oils, and fatty acids.

It is a flavorful ingredient for desserts, puddings, biscuits, salads, soups, bread, and the famous pumpkin pie.

It’s best to eat it raw, but stir-fried or gently steamed works too.

- **Sea vegetables aka seaweeds**

(Kelp/Dulse/Nori/Wakame)

Seaweeds are marine algae with the vital role of producing up to 90 % of Earth's oxygen. Only some species are edible.

They can be used for desserts, beverages, salad dressings, sauces, baked products. They are great dietetic foods.

In medicine, they are used because they keep at bay some DNA and RNA-enveloped viruses. The pills made from seaweed extract have the same effect of the gastric banding- they expand in the stomach to make it feel full.

- **Tomatoes (Cherry and Plum only)**

Tomatoes are some of the tastier vegetables on Earth, with South American origins. Even if they have the sweetest taste, tomatoes can be quite acid too, so Dr. Sebi suggested using only cherry and plum varieties for our diet. In this way, we won't be eating more acidic foods than we need.

They are a moderate source of vitamins but are low in carbohydrates, proteins, and fat. They are 95% water.

- **Tomatillo**

The tomatillo, aka the Mexican husk tomato, is similar to tomatoes. It has the same water content (95%); it is high in vitamins and low in proteins and fat.

They are eaten raw or cooked in lots of dishes, particularly salsa verde, but also soups, salads, stir-fries, and desserts. They can also be dried for an enhanced sweetness of the fruit. Raw, purple, or green tomatillo turns into a vary flavorful and eye-catching dressing for green salads.

- **Turnip greens**

Turnip is a vegetable with ancient Greek and Roman origins. We can eat the leaves and the roots.

The leaves and roots are 93% water, a rich source of vitamins, and low in carbohydrates, proteins, and fat.

They make an excellent garnish for green salads or any other dish if stir-fried or gently steamed.

- **Watercress**

Watercress is an aquatic plant, grown worldwide for its spicy leaves.

The leaves contain 95% water and significant amounts of vitamins, but they are low in dietary fiber, carbohydrates, proteins, and fat.

It's for the best to consume it raw or stir-fried, if boiled or steamed, it loses all its nutrient properties.

- **Wild arugula**

Arugula, aka rocket, is from the mustard family, with European and Asian origins. It grows wildly in temperate climate areas.

Arugula is 92% water, it is high in vitamins, carotenoids, polyphenols, and ascorbic acid, but low in proteins and fat.

It has a spicy, pungent flavor that makes it the best choice for green salads. Consume it only raw or stir-fried; if not, it will lose all its properties and distinguished taste.

It is a great ingredient for pizzas, pasta dishes, or soups.

In medicine, it is used for the treatment of gastroenteritis and the regulation of the intestinal transit.

- **Zucchini**

The zucchini is the Italian variety of squash, cultivated for the first time in the 19th century.

It is high in potassium, vitamins, and folate but low in proteins and fat.

It can be eaten raw (sliced or shredded), steamed, grilled, stir-fried, and cooked in several dishes. It's a tasty addition to green salads. It can also be pickled, but that is not good for our diet since pickles contain acid additives.

CHAPTER 12

Approved Fruits

Fruits are also a gift from Mother Nature. They are a significant source of food for humans. Except for their sweet taste (they are relatively high in sugar), they also contain fibers, water, and vitamins.

They are also a great stimulus for stomach secretions and appetite. Fruits are also helpful for the drainage of the liver and digestive tract, having a significant influence on the peristalsis to evacuate the intestinal content and prevent constipation.

The fruits for the Dr. Sebi Diet are:

- **Apples**

Apples are fruits with ancient Asian origins, now cultivated worldwide.

It is high in water (86%), a moderate source of dietary fiber, carbohydrates, and has a low content of micronutrients, fat, and proteins.

It is used for desserts, juices, or baked products.

- **Bananas**

Bananas are one of the sweetest fruits on Earth, with Austronesian origins, introduced to the Americas in the 16th century. The good news is that they are available year-round.

They are quite high in water (75%), potassium, vitamins, and carbohydrates, a moderate source of dietary fiber, and low in proteins and fat.

Generally, it is eaten raw but is also used for smoothies, desserts, or cooked, deep-fried, baked, steamed, or ground into flour.

- **Cherries**

Cherries have been consumed since prehistoric times in Europe, Asia, and North Africa. They were introduced in the Americas in the 15th century.

Sweet cherries are 82 % water, are a moderate source of carbohydrates, vitamins, and dietary fiber, and are low in proteins and fat. Sour cherries, instead contain more vitamins and beta-carotene.

They can also be used for beverages and desserts.

- **Cantaloupe**

Cantaloupe, aka sweet melon, has Asian origins, now spread worldwide.

It is 90% water, rich in vitamins, low in carbohydrates, proteins, and fat.

The fruit is eaten raw, in salads, or as dessert. The seeds are also edible. Dried and gently baked, they make an excellent snack.

- **Cactus fruit**

Cactus fruit, commonly called prickly pear, is spread throughout the Americas, in various species.

It has 88% water, a moderate source of carbohydrates, dietary minerals, and vitamins, low in proteins and fat.

It is used for salads, soups, desserts, beverages, candy, and drinks.

In medicine, it is used for open wounds as a coagulant and for the treatment of inflammation of the urinary and digestive tracts.

Research has shown that it aids in the prevention of diabetes, metabolic syndrome, obesity, cardiovascular disease, and some cancers.

So, there is a reason for Dr. Sebi’s choice in using this fruit. It was also shown that consumption of cactus fruit leads to a reduced body circumference and BMI (body mass index).

- **Currants**

The currants are grown for their edible berries. Ribes and black currants are the best choices for our diet.

They have European and Asian origins, and are 82% water, a rich source of carbohydrates, iron, and vitamins, and are low in proteins and fat. Their seeds are rich in unsaturated fatty acids.

In medicine, they are used for the treatment of kidney diseases and for menstrual and menopausal problems.

- **Dates**

Dates have ancient Northern African origins, introduced into Mexico and California in 1765. Medjool dates are the best choice for any diet, including ours.

Dates can be eaten raw or cooked for various desserts and puddings. They can be stir-fried, dehydrated, ground into flour, or as juice.

They have a sugar content of 80 % and are a moderate source of proteins, fiber, potassium, manganese, selenium, and zinc.

Research on mice has shown that the aqueous extract of date seeds reduces DNA damage.

- **Figs**

Figs are native to Asia and the Mediterranean region.

The fruits contain monosaccharide sugars and mixed phytochemicals, such as flavonoids, rutin, and chlorogenic acid. Dried fruits contain higher levels of sugar and polyphenols.

- **Mango**

Mango is a juicy fruit, native to South Asia, now worldwide spread.

It is a rich source of vitamins, folate, and other nutrients. It contains carotenoids and polyphenols.

It can be eaten raw as a fruit, in juices, and ice cream, pickled, or cooked, in pies and sauces.

- **Oranges**

Oranges are native in Asia, introduced into the Americas in the 15th century, and can be eaten fresh, processed for juice, oils, and marmalade.

They are rich in vitamins, carotenoids, flavonoids, and various volatile organic compounds.

- **Papayas**

Papayas are originated in Central America and can be eaten raw only if peeled or cooked. The black seeds are also edible and have a spicy taste.

They contain 88% water, are a significant source of vitamins, folate, and carbohydrates but are low in proteins and fat.

It has been used in traditional medicine to treat malaria, relieve asthma, or as a purgative. All these uses make it a great choice for our diet, according to Dr. Sebi.

- **Plums**

Plums are fruits related to peaches and cherries. They have ancient European and Asian origins with a large variety of species.

They are 87% water, a moderate source of vitamins and carbohydrates but low in fat and proteins.

In medicine are used as a purgative, it works just fine for the regulation of the intestinal tract.

- **Pears**

Pears have been used since prehistoric times. Their origins are Chinese and are used raw, canned, in juices, or dried.

A pear is 84% water, it is a moderate source of carbohydrates, vitamins, and dietary fiber, but contains low levels of proteins and fat.

- **Peaches**

Peaches are also native to China, was introduced into the Americas in the 16th century, and is probably the juiciest fruit.

They are 89% water, a moderate source of carbohydrates and essential nutrients, but are low in calories, proteins, and fat.

They are rich in polyphenols, rutin, and chlorogenic acid.

- **Prunes**

Prunes are dried plums. They are 31% water, a rich source of carbohydrates, dietary minerals, and vitamins, but very low in proteins and fat.

- **Seeded grapes**

Grapes are delicious, juicy fruits with Eastern origins, cultivated for fruits or for making wine, jam juices, vinegar, and grape seed oil.

Grapes are 81% water, a moderate source of carbohydrates, vitamins, and calories, but low in fat and proteins.

The grape seeds contain healthy omega-3 fatty acids and twice the content of polyphenols of grape skins. They are packed with highly concentrated nutrients and vitamins. So, for our diet, we must use only seeded grapes.

They are useful for heart and brain health and are beneficial to the skin.

- **Seeded key limes**

Key limes are valued for their unique flavor. They are native to Southeast Asia, now worldwide spread.

Limes are 88% water, a rich source of vitamins, a moderate source of carbohydrates and polyphenol, but very low in fat and proteins.

Seeds are richer in vitamins and lower in acids.

We can eat them fresh as a fruit or juices, or dried as a flavor for exotic recipes, especially desserts.

- **Seeded melons**

Melons are juicy, sweet, and fleshy fruits, with Central American origins and with a large variety of species.

They are high in vitamins and short in proteins and fat. They have a high content in natural sugar.

- **Seeded raisins**

Raisins or dried grapes are the best of choices for tasty snacks.

They are useful for heart and brain health and are beneficial to the skin.

- **Soft jelly coconuts**

Soft jelly coconuts are fruits grown all throughout Jamaica; the edible part inside is usually called jelly.

It is a significant source of dietary fiber, but it is low in proteins, carbohydrates, and fat.

It can be used on its own and as an ingredient for salads, desserts, and drinks.

It is used for the regulation of the digestive systems and detoxifying internal organs

- **Sour soups (European or Asian markets)**

Sour soups are used in Eastern Europe and Asian cuisine for their sour taste.

They mainly contain natural ingredients with a slightly acidic flavor.

- **Tamarind**

Tamarind has African origins and produces pod-like fruits with sweet and tangy pulp.

It is a significant source of vitamins, sugar, calcium, and tartaric acid.

Some consider the fruit too sour but is used for many savory dishes.

In medicine, it is used for its laxative effects and as a poultice for patients with fever.

Research has shown that it has antioxidant properties, and that is helpful in liver diseases, for the coagulation system and antimicrobial response.

Grains

As I mentioned above, only whole grains are best, not refined ones. They are rich in carbohydrates, nutrients, and dietary fiber.

You are permitted to eat grains in the form of pasta, cereal, flour, or bread.

For the Dr. Sebi Diet, the approved grains are:

- **Amaranth**

Amaranth grains are a rich source of dietary minerals, a moderate source of proteins and carbohydrates, and very low in fat.

- **Fonio**

Fonio is a notable crop, mainly cultivated in West African countries, aka “hungry rice”.

The grains are used for foods and beer.

They are highly nutritious, gluten-free, and rich in dietary fiber.

- **Kamut (Khorasan wheat)**

Kamut is the Oriental variety of wheat. It has Oriental origins and a rich, nutty flavor.

It is highly nutrient; it is a moderate source of proteins, dietary fiber, vitamins, and minerals but is low in fat.

The only bad news is that it contains gluten, so it’s unsuitable for people with gluten-related disorders.

- **Quinoa**

Quinoa is part of the amaranth family with origins in South America.

It is high in carbohydrates, folate, and dietary minerals, a moderate source of proteins, vitamins, and low in fat.

Quinoa is gluten-free.

- **Rye**

Rye is a grass grown for its grains, with ancient Eastern origins, used for flour, bread, and alcoholic drinks.

It is rich in carbohydrates, dietary fiber, and vitamins but low in proteins and fat. It also has a low content of gluten, so it is unsuitable for people with gluten-related disorders.

In medicine, it is known for the regulation of blood sugar and the improvement of cholesterol levels.

- **Spelt**

The spelt is just another variety of wheat, an ancient crop throughout Europe, introduced into the States only in the 19th century. Now it has found a new market as a “health food”.

It is a significant source of proteins, dietary fiber, vitamins, and carbohydrates.

Unfortunately, it also contains gluten, therefore a problem for those suffering from gluten-related disorders.

It is generally used as flour for baked products and is very easy to find in bakeries.

- **Teff**

Teff is another African grass, cultivated for its edible seeds.

It is a significant source of carbohydrates, proteins, dietary fiber, and manganese but low in fat.

It is gluten-free and can be used as flour for bread, other baked products, and alcoholic drinks in the Ethiopian culture.

- **Wild rice**

Wild rice is a semi-aquatic plant that was historically eaten in China and North America.

It is a moderate source of proteins, amino acids, and dietary fiber but is low in vitamins, iron, potassium, and fat. It contains no gluten.

The grains can be stewed or steamed.

Nuts and seeds

Nuts and seeds are energy-dense and nutrient-rich foods. For our diet, the approved nuts and seeds are:

- **Brazil nuts**

The Brazil nut is a South American tree, notable for its high content in selenium, which is responsible for the increase of HDL (good cholesterol).

It is also s a rich source of proteins, omega-6 fatty acids, dietary fiber, vitamins, and minerals.

- **Hemp seed**

Hemp is one of the first plants to be cultivated in Asia and Europe. It was introduced into the Americas in the 15th century.

Hemp seeds can be eaten raw, ground into dried powder, or as a liquid for beverages.

In the US, hemp seeds are used legally in food products, as of 2000.

They are high in calories, proteins, dietary fiber, vitamins, iron, zinc, and fat but low in carbohydrates.

When it comes to the protein level that hemp ensures us, it is considered a good substitute for meat, milk, eggs, and soy.

- **Raw sesame seeds**

Sesame is one of the oldest oilseed crops known, with Indian origins, notable for its rich and nutty flavor. It is one of the most used spices in cuisines all around the world.

Sesame seeds are high in carbohydrates, fat, vitamins, and dietary minerals. They are low in proteins.

In medicine, sesame consumption leads to small reductions in systolic and diastolic blood pressure, oxidative stress markers, and lipid peroxidation.

- **Raw sesame “Tahini” butter**

Tahini is a condiment made from toasted or raw sesame seeds. Raw Tahini is sold as an organic food product.

Mostly used in the Eastern, Mediterranean, and North African cuisine, it’s a rich source of dietary minerals, calcium, and proteins.

It makes a useful addition in any vegetarian and vegan diets, and especially in ours, when eaten raw.

- **Walnuts**

The walnuts have been used in cuisine all over the world for centuries. Eaten raw or toasted, they make a popular addition to savory dishes, desserts, or for alcohol drinks in some countries.

They have a savory flavor, which makes them an interesting dressing for salads.

They are high in fat, carbohydrates, dietary minerals, and vitamins. They are a moderate source of proteins and dietary fiber.

Non conclusive research claimed that consumption of walnuts reduces the risk of coronary heart disease. The thing we know for sure is that walnuts are brain food and somewhat natural antibiotic.

In alternative medicine, walnuts are used to treat some heart diseases and even cancer, but there is no scientific evidence.

Dr. Sebi claimed it heals Candida because it kills all parasites.

Walnut hulls powder is used for healthy digestion and bowel regularity. It is also a powerful detoxifier, and it helps us balance the blood sugar levels.

Oils

Edible oils are rich in proteins and alkaloids. They are used for various purposes in food preparation and in cooking.

For our diet, the approved oils are:

- **Avocado oil**

Avocado oil is an edible oil used as an ingredient in all sorts of dishes or as cooking oil. It does not derive from seeds but from the fleshy pulp of the fruit.

It is high in vitamins, carotenoids, and unsaturated fats. It is naturally low acidic, which makes it a good choice for Dr. Sebi's diet. We can use it to stir fry, deep fry, grill, and sauteing our foods.

- **Coconut oil (uncooked)**

Coconut oil is an edible oil derived from the kernel or meat of mature coconuts.

It is high in fatty acids, that's why we are advised to limit somewhat the consumption. FDA and other health organizations draw attention to the increased risk of cardiovascular diseases and weight gain due to the high caloric properties of this oil.

In fact, clinical trials have shown that consumption of coconut oil leads to increased levels of LDL (bad cholesterol), so it should not be viewed as a healthy oil.

Only RBD (refined, bleached, and deodorized) coconut oil can be used as a cooking oil.

- **Grapeseed oil**

Grapeseed oil is made of pressed seeds. It may be used as cooking oil, salad dressing, a base for oil infusions of herbs and spices, and in baked products.

It is relatively high in polyphenols, fatty acids, and low in vitamins and saturated fats.

There is no scientific evidence of health benefits.

- **Hemp seed oil**

The hemp seed oil is obtained from pressed seeds. It is high in omega-3 and omega-6 fatty acids, and it is a moderate source of unsaturated and saturated fat.

It is not suitable for frying but can be used as a food oil or dietary supplement.

- **Olive oil (uncooked)**

Olive oil is obtained from pressed olives and is one of the essential ingredients of the Mediterranean cuisine.

It is used as cooking oil, but in our diet, we must only use it uncooked, so we make the most of its properties. It is the perfect addition to green salads and an additive for all sorts of dishes.

It is relatively high in fatty acids, very low in proteins and fiber, and is naturally low acidic.

There is no scientific evidence of its health benefits so far.

- **Sesame oil**

Sesame oil is an edible oil that can be used as cooking oil or as a flavor for all sorts of dishes, due to its nutty taste.

It is relatively high in fatty acids, vitamins, and calories.

In alternative medicine, is used for getting rid of fever. Studies have been made to attest to the effect on inflammation and atherosclerosis but with no conclusive results.

CHAPTER 13

Approved Herbs

Herbal teas

Herbs are used since ancient times as medicines and for a good reason. They work! They are plants with savory or aromatic properties that are used for flavoring foods or as teas- as a source of relaxation or for medical purposes.

Herbal teas contain caffeine- a stimulant of the CNS (central nervous system), tannins with an astringent effect, and mineral salts.

In addition to teas, you are free to drink as much water as possible. This promotes the elimination of harmful elements from the organism and increases your weight loss.

Liquids ensure the liver’s activity and, most importantly, diuresis.

Remember to use pure water, as much as possible!

For the Dr. Sebi Diet, the approved herbal teas are:

- **Anise**

Anise is a spice with Eastern origins, grown mainly for its seeds.

It is high in proteins, also relatively high in fatty acids and dietary fiber.

Tea from whole or ground seeds, alone or combined with other herbs, is considered a regulator of digestion. It also has diuretic properties and can be used as a tranquilizer or to help people who suffer from insomnia.

- **Burdock**

Burdock is native to Europe and Asia, notable for its sweet yet pungent flavor, similar to an artichoke.

The whole plant can be eaten, but we will use tea from dried leaves.

It is high in dietary fiber, calcium, and amino acids, but is low in calories.

In traditional medicine is used as a diuretic and blood purifying agent. It also lowers the cholesterol level, and it stimulates the liver's functioning.

Burdock roots are used for acne, psoriasis, and carbuncles because it kills fungus and bacteria. It can also be used as a diuretic and detoxifier of the skin.

- **Chamomile**

Chamomile is an ancient plant that grows wildly in most countries.

Its flowers are high in polyphenols and essential oils.

In traditional medicine, it is used for the treatment of insomnia. Clinical studies have shown no evidence of its potential anti-anxiety properties so far.

Its anti-inflammatory properties are efficient in digestive system disorders, stomach ulcers, and colic.

Chamomile tea is a great antiseptic and has an anti-inflammatory effect. It is also used to calm the central nervous system, treat ADHD, fibromyalgia, hay fever, nervous asthma, and other sleep disorders.

- **Elderberry**

Elderberry is grown for its berries, leaves, and flowers.

It is high in water (80%), carbohydrates, vitamins but low in calories, proteins, and fat.

In medicine, elderberry tea is used as a dietary supplement for the treatment of colds, flu, and constipation. It’s the number one enemy of mucus buildup.

It is also helpful in boosting the immune system; that’s why Dr Sebi claimed it could cure AIDS. Back and leg pain, nerve pain, and chronic fatigue syndrome are just other disorders that elderberries can treat.

- **Fennel**

Fennel is an aromatic herb, worldwide grown for its edible leaves and fruits with a taste similar to anise.

It is high in dietary fiber, vitamins, and carbohydrates, but relatively low in proteins and fat. Its aroma derives from the high content of volatile oils and phytochemicals such as rosmarinic acid and luteolin.

It can be used as a vegetable, as a spice, and as aromatic tea (from dried leaves or seeds).

In traditional medicine has been used since ancient times as a diuretic.

- **Ginger**

Ginger is a fragrant spice with Asian origins, grown for its flavorful roots. It can be used as a medicine, as vegetable, juice, and alcoholic drinks.

Ginger is 79 % water, is a moderate source of carbohydrates, vitamins, and dietary minerals, but is low in proteins and fat.

Ginger herb tea is used for keeping at bay nausea that results from chemotherapy or pregnancy. It is also used for its anti-inflammatory properties and to relieve pain in osteoarthritis. So far, there is no clear evidence of those effects.

- **Red raspberry**

Red raspberry, aka European raspberry, is a sweet, edible fruit, also grown for its leaves.

The red raspberry is grown for its fruits, leaves, and roots.

It is a rich source of antioxidants, vitamins, potassium, iron, and magnesium, and the tea is used for killing stomach and colon cancer cells. Some research on mice have shown that red raspberry consumption prevented kidney stones formation. In medicine, it is also used as a skin-whitening agent.

Women use it for its beneficial effect on the reproductive system, to alleviate nausea, leg cramps, and to improve sleep during the pregnancy. It also has effects on the uterus and pelvic muscles, leading to shorter and easier labors.

- **Tilia**

Tilia, aka basswood, is an ancient tree famous for its flowers and blossoms, which are very popular in traditional medicine, both in Europe and North America.

It has a very flavorful taste due to the volatile oil that it contains. It is used for its antioxidant and astringent properties.

The tea from leaves and flowers is used for colds, flu, infections, fever, high blood pressure, and migraines. It is also used as a sedative, antispasmodic, and diuretic.

The tea from wood pieces is used for the treatment of intestinal disorders, for the protection of the liver, and in gallbladder disorders, and infections like cellulitis or ulcers of the lower leg.

Spices

Spices are parts of a plant used for flavoring our foods. They are sometimes used in medicine. They are low in calories, fat, proteins, and carbohydrates but rich in micronutrients, minerals, and vitamins. They also have antioxidant properties.

The convenient aspect of using spices in a diet is that they are the main “excitors” of the digestive secretions.

For our diet, the spices we have to use are:

- **Achiote**

Achiote is a South American tree, used as a spice and a natural dye to color foods, soaps, cosmetics, and pharmaceutical products.

It is high in beta-carotene, essential oils, vitamins, and fatty acids.

In traditional medicine, it has been used for centuries for its therapeutic properties.

- **Basil**

Basil is a culinary herb, with African and Asian origins. It has a distinct sweet yet pungent smell and taste.

It is high in essential oils and probably the most common spice in the entire world, used for all sorts of dishes and some drinks.

Just like achiote, it has been used in traditional medicine.

- **Bay leaf**

Bay leaf is just another popular spice, with various species and different flavors used in the cuisine worldwide.

It is relatively high in essential oils and lauric acid.

- **Cloves**

Cloves are the flower buds of an Indonesian tree, used as a spice in the Mediterranean, Asian, African, and Eastern cuisine.

It is high in essential oils, tannins, and oleanolic acid. It also contains some bioactive chemicals, which makes it a perfect insect repellent.

In traditional medicine, the essential oil has been used as an analgesic or in aromatherapy.

But there is no scientific evidence that it works as an analgesic for any pain, except for alveolar osteitis. It also lacks conclusive results from studies on fever or blood sugar levels reduction. In fact, the FDA has not approved its use for medical purposes because it may cause side effects in patients with liver disease, immune system disorders, and food allergies.

- **Cayenne**

Cayenne peppers are used a spice or herbal supplement, in its fresh form or as a dried powder.

- **Dill**

Dill is probably one of the most popular spices in all countries. It has Eurasian origins, grown for its leaves and seeds.

It is relatively high in carbohydrates, vitamins, and dietary minerals, but low in fat and proteins.

In traditional medicine, it has been used for its antibacterial properties.

- **Habanero**

Habanero is just another variety of chili peppers, with South American origins.

It is relatively high in carbohydrates and vitamins, but low in fat and proteins.

It contains capsaicin, a chemical used as an analgesic in dermal patches.

- **Oregano**

Oregano has Eurasian and Mediterranean origins, used as a spice, for its flavorful aroma. It is a core ingredient of Italian cuisine.

It is high in essential oils, carvacrol, and thymol.

- **Onion powder**

Onions are vegetables with Asian origins, now grown all around the world.

They are high in carbohydrates, vitamin C, calcium, and potassium. Low in fat and proteins, but contain fluoride.

It is considered a natural antibiotic.

Onion powder is dehydrated ground onion, used as a spice for all sorts of dishes.

- **Sage**

Sage is an herb with Mediterranean origins, now worldwide grown for its culinary and medicinal use.

In medicine, it is used as a pain reliever and for positive effects on the human brain.

- **Savory**

Savory is an herb with Mediterranean origins, used in cuisine and medicine.

It contains carvacrol, an antibacterial biochemical.

It has antiseptic, carminative, and digestive properties. It is used as a cure for colic, gastroenteritis, nausea, bronchial congestion, sore throat, and arthritis.

- **Thyme**

Thyme is an ancient herb, with European origins, used in cuisine and medicine for centuries.

It is high in essential oils, especially thymol.

In traditional medicine, it has been used for its antiseptic properties.

- **Tarragon**

Tarragon is an herb with Eurasian origins, now worldwide grown for medicinal and culinary uses.

It is high in phenylpropanoids, essential oils, and capillin, an antibacterial biochemical with potential anti-tumoral properties.

CHAPTER 14

Key Dr. Sebi Herbs

In addition to the herbal teas mentioned above, Dr. Sebi gave us a list of the most used herbs for natural healing.

- **Sarsaparilla root herb**

Sarsaparilla is a plant with Central American origins, used as a base for a soft drink and root beer.

It contains iron, saponins, and beta-sitosterol, which has anti-inflammatory and liver-protecting properties.

It was used in traditional medicine to treat syphilis. Besides, it has diuretic and antibacterial properties, and it’s an ultimate blood purifier.

Dr. Sebi said that it would cure anemia, impotence in men, herpes, and other STDs.

- **Yellow dock root herb**

Yellow dock is a flowering plant, with Eurasian origins. It is high in vitamins, iron, potassium, and oxalic acid.

We can eat the leaves- if not too mature because they become bitter, the seeds, and the roots.

It has been used in traditional medicine to cure anemia. It is a blood purifier and detoxifier, especially for the liver, but also for the gallbladder.

It stimulates bile production, therefore a better digestion. It stimulates bowel movement to help us eliminate the waste in the intestinal tract faster, and increases the frequency of urination to help us eliminate all toxins.

- **Bladderwrack**

Bladderwrack is a seaweed, discovered in 1811, and used for its high content in iodine. It is also high in beta-carotene, zeaxanthin, volatile oils, potassium, paste, and other minerals.

It should be avoided before surgeries because it has anticoagulant properties.

In traditional medicine, it is used to stimulate of the thyroid gland and as a treatment for cellulite and obesity. It can also be used to alleviate rheumatism and rheumatoid arthritis.

Bladderwrack powder is full of minerals that help our skin eliminate toxins, so we get rid of wrinkles, excess water retention, and dryness. It also helps us regulate thyroid function and reduce inflammation in joints.

- **Kelp**

Kelp is a seaweed, mostly encountered in Europe, Greenland, and North American coasts.

It is high in phlorotannins and iodine, relatively high in vitamins and dietary minerals.

It is used to regulate the thyroid's function. Kelp tea helps us remove mucus from our bodies. That's why Dr. Sebi advises us to use his organic kelp flakes.

Organic kelp granules help us stimulate the thyroid gland and control metabolism. We can also use them to strengthen our circulatory system, reduce the risk of strokes and heart diseases, ensure healthy bones and teeth. It is also helpful due to its cancer-fighting benefits.

- **Irish moss tea**

Irish moss is a species of red algae that grows on the coast of Europe and North America.

It is high in vitamins, minerals, and iodine. But low in fat and proteins. It is the only natural source of thyroid hormones and helps us eliminate the excess mucus in our body.

In traditional medicine, it is used to cure sore throat and chest congestion.

- **Sting nettle leaf**

Nettle leaf is a flowering plant with European origins, which has been used in traditional medicines for centuries.

It is relatively high in proteins, carbohydrates, and low in fat. It also contains a-linolenic acid (a valuable omega-3 acid).

In medicine was used since ancient times as a diuretic laxative. Now the plant is used as astringent, tonic, anti-rheumatic, anti-allergenic, decongestant, stimulant, kidney cleanser, and anti-spasmodic.

Some of the illnesses cured now are diabetes and cancer.

The sting nettle root in powder is an excellent blood purifier, diuretic, astringent for UTI (urinary tract infections), and kidney stones. It is also used for allergies, osteoarthritis, internal bleeding, anemia, diabetes, asthma, and lung congestion.

It is a remarkable tonic, also used for its anti-aging and wound healing properties.

- **Milk thistle**

Milk thistle is a plant with Eurasian origins, now encountered throughout the world.

It is a significant silymarin, which makes it the perfect plant for the liver's health. It can treat cirrhosis, hepatitis, gallbladder disorders, and jaundice. There is scientific evidence for the improved liver function and a decreased number of deaths in people with liver diseases after consumption of milk thistle.

- **Cleavers**

Cleavers has Eurasian origins, used for its edible leaves and seeds, but considered harmful in some places.

It is high in iridoid glycosides, alkaloids, flavonoids, citric acid, and coumarins.

In medicine, it is used as a diuretic and lymphatic tonic, therefore a valuable blood purifier. As a diuretic it helps us clean urinary stones and treat urinary infections.

Cleavers have a cleansing action for the lymphatic system, which helps us treat conditions like arthritis and psoriasis.

- **Wormwood**

Wormwood is a perennial plant with Eurasian and African origins, with a bitter taste, used as an ingredient for absinthe and other alcoholic drinks.

It is high in absinthin, essential oils, and lactones.

In medicine, it is used as a bitter tonic to ensure a healthy appetite, for dyspepsia, and various infectious diseases.

As the name shows, it has been used for centuries to expel tapeworms, threadworms, or roundworms.

- **Wild cherry**

Wild cherry is a tree from the Prunus family, with American origins.

Its fruits contain cyanogenic glycosides.

In traditional medicine, it was used to treat coughs and colds, alleviate pain and stimulate the digestive system. It was also used as a cure for bronchitis, fever, gout, and diarrhea.

- **Red clover**

Red clover is an herb with Eurasian origins, now grown all over the world, with edible leaves and flowers.

It is high in coumestrol and isoflavone. It can be used for cancer prevention, high cholesterol, cough, asthma, indigestion, STDs, and bronchitis.

It is best to avoid it in patients with coagulation disorders. It is considered a blood cleanser.

Women use it to alleviate symptoms of menopause, breast pain, and PMS (premenstrual syndrome).

Skin appliance is used for skin sores, burns, psoriasis, and some skin cancers.

- **Blue vervain**

Blue vervain is a herb, which naturally grows across North America.

It was used in traditional medicine for centuries, to stimulate the liver and other organs, and calm the central nervous system.

It is a tonic that can also be used to relieve respiratory congestion, ease coughs, lower fever, calm the nerves, and cleanse toxins.

- **Shepherd’s purse**

It is a flowering plant from the mustard family, with Eurasian origins, used for food and medicine.

The shepherd’s purse has antioxidant, anti-inflammatory, and anti-mucous properties. It is used as astringent in the infections of the urinary tract and also to reduce inflammation, protect us from ulcers, to stimulate circulation, and increase the flow of urine. We can use it to treat various diseases, such as bleeding disorders, diarrhea, bladder infections, low blood pressure, headaches, and kidney disease.

In the case of wounds and burns, it may be applied directly to the skin to soothe pain and promote healing.

There is little scientific evidence of its effect on slowing the growth of tumors.

- **Yarrow herb**

Yarrow herb is a flowering plant that grows in temperate regions with a long history of traditional medicine use.

It is high in essential oils, flavonoids, isovaleric acid, and salicylic acid.

It has been used for centuries in wounds repair in European and Asian traditional medicine. Native Americans used it for toothaches, to reduce fever, cure stomach ailments, and treat wounds and burns.

It is the ultimate herb for organ repair, and it can also be used in chronic diseases of the urinary tract, and as a tonic for the venous system and mucous membranes. It is efficient in sore throat, bleeding, incontinence of urine, and diabetes.

- **Chickweed**

Chickweed is a flowering plant with Eurasian origins, used for centuries as a herbal remedy.

It can also be used as a leaf vegetable, in salads or other dishes.

In traditional medicine, it has been used to treat itches, pulmonary diseases, rheumatic pains, and arthritis.

Now it is used as a diuretic and as demulcent since it alleviates the pain and inflammation of the mucous membrane by forming a soothing film over it.

Dietitians and herbalists use it because it suppresses appetite.

- **Valerian root**

Valerian is a flowering plant with European origins used in medicine since ancient times.

It is high in alkaloids, isovaleric acid, iridoids, and flavanones.

It is an effective sedative used to treat insomnia and other sleep disorders. It is also used for anxiety-related disorders, such as nervous asthma, fear of illness, and hysteria, but no study has shown conclusive results.

Some people use it to treat depression, mild tremors, ADHD (attention deficit-hyperactivity disorder), and CFS (chronic fatigue syndrome). Women also use valerian to soothe menstrual cramps, and to alleviate hot flashes and anxiety, both symptoms associated with menopause.

- **Damiana leaves**

Damiana is a Central American shrub with aromatic flowers and leaves with spicy smell and taste.

It is high in damianin, beta-carotene, flavonoids, glycosides, and relatively high in fatty acids and caffeine.

It is used in traditional medicine for increased energy, mild depression, menstrual pain, impotence, and sexual stimulation.

- **Chaparral**

Chaparral is a medicinal herb that grows across the Americas.

In traditional medicine, it has been used to treat STDs, tuberculosis, dysmenorrhea, chickenpox, and snake bites.

Now it is used to alleviate rheumatic and stomach pains, to treat bronchitis, arthritis, bowel cramps, colds, and chronic skin disorders.

It has also been used for stomach problems, gall bladder and urinary tract infections, kidney stones, and diarrhea.

Skin application is used for rheumatism, arthritis, minor wounds, back pain, and skin infections.

CHAPTER 15

Foods to Avoid

In Dr. Sebi's Diet, some foods are not allowed, mainly processed foods, animal-based, or made with leavening agents. Some seedless fruits are also banned.

Because we have to deal with a diet, we must pay attention to certain supplements we will need. They range from vitamins and minerals to other nutrients, such as iron, calcium, and omega-3 fatty acids.

However, if you vary your meals often, you will get the most nutrients from the plant-based sources.

- **Sugar**

Instead of sugar, you should use sweeteners such as pure agave syrup (from cactus) or date sugar (from dried dates).

- **Salt**

Instead of refined salt, you may use the powdered, granulated seaweed or pure sea salt.

No GMO foods!

It is imperative to avoid pesticides and other chemicals added to processed foods or genetically modified ones. If it's not natural, it will harm us in the long-term.

The main foods to avoid are:

- **Meat of any kind**

Meat is a rich source of water (755), proteins, and vitamins, but is low in fat, carbohydrates, and dietary minerals. Even if the level of fat is low, depending on race, sex, age, and other factors, the negative aspect is that any meat contains cholesterol, which harms our overall health.

Nutritionists advise us to keep as far as possible from meat, especially the red one, because, for its consumers, there is a higher risk of cancer, heart diseases, and obesity.

Products made with processed meat is even worse, Dr. Sebi said. In addition to the high level of animal-based proteins, processed meat also contains food additives that will only increase the acidic state of our body.

- **Fish and seafood**

Fish and seafood are famous for the high content of omega-3 fatty acids, which are suitable for our brain, heart, and digestive system. Fish and seafood especially is a core ingredient of the Mediterranean diet. Still, we must keep in mind that it is also a relatively high source of damaging elements, such as marine toxins, microbes, pollutants, and other poisons, natural or human-made.

- **Dairy products**

Dairy products are used worldwide, in various forms and are harmful to people with lactose intolerance.

They contain cholesterol, calcium, and saturated fats that can lead to increased risk of heart disease, coronary artery calcification, and other problems.

Despite some wrong belief, milk and other dairy products do not cause mucus production, therefore don’t make asthma symptoms worse.

They are avoided by vegans, only for an ethical reason regarding how the animals are handled and how dairy products are produced.

- **Eggs**

Eggs are just another rich source of animal-based proteins. They are also high in fat, calcium, vitamins, water (75%), and cholesterol.

According to Dr. Sebi and most nutritionists, eggs should be avoided as much as possible. In almost any diet, egg consumption is reduced to a maximum of two eggs a week, but Dr. Sebi advises us to set them aside.

There is a higher risk of developing heart diseases, such as strokes, cardiovascular disease, coronary artery disease, myocardial infarction, and type 2 diabetes.

- **Wheat**

Wheat is a crop with Eastern origins, now worldwide cultivated for its seeds.

It is high in carbohydrates, folate, dietary minerals, and relatively high in proteins and selenium, but low in fat. It is used as the main ingredient for bread, crackers, pasta, breakfast cereals, cookies, and some alcoholic drinks.

Most nutritionists claim that a diet rich in grains, vegetables, and fruits is bound to help us maintain a healthy weight, decrease the risk of heart diseases and some types of cancer.

The main problem with wheat is that it contains high gluten levels, a severe problem for those who suffer from gluten-related diseases, not only bloating, but sometimes, even neurological disorders, fibromyalgia, inflammation, and psychological disturbances.

- **Corn**

Corn is a cereal grain with American origins, worldwide famous for its sweet taste, but most of all, for popcorn.

It is high in water (76%), carbohydrates, a moderate source of dietary fiber, minerals, but low in fat and proteins.

Dr. Sebi advises us to keep it at bay because it contains lipid transfer protein. This protein that causes allergic reactions, such as vomiting, diarrhea, swelling of mucous membranes, and sometimes asthma.

- **Garlic**

Garlic is a close relative of the onion, with Asian origins, with a long history of consumption as food and medicine. It is considered a natural antibiotic. It has been used in traditional medicine to treat arthritis, chronic cough, insect and snake bites, and antiseptic to prevent gangrene.

It contains polysulfides, saponins, and flavonoids. It is low in carbohydrates, vitamins, dietary fiber, proteins, and fat.

It is banned from our diet because its consumption may lead to gastrointestinal discomfort, dizziness, allergic reactions, sweating, and bleeding. It also contains selenium, an essential trace element, which is toxic if taken in excess.

- **Sugar**

Sugar is high in carbohydrates and low in fat, proteins, and dietary fiber.

Sugar is a refined food, commonly used as an additive to processed foods. It is also very damaging to health. Most nutritionists claim that its excessive use is most likely to create addiction.

We know that it is related to an increased risk of type 2 diabetes, tooth decay, obesity, metabolic syndrome, cardiovascular disease, and even dementia.

As I already mentioned, it's for the best to use only the natural sugar from fruits, vegetables, or agave syrup and date sugar.

- **Fast foods**

Fast foods are the most pleasant and easy to make foods, and let's admit, the ultimate eye-catching and mouth-watering kind of food. Especially in our modern, hectic times!

We are always in a hurry, always on the run through jobs, family, and other daily concerns. Most of us don't even have the time to enjoy at least three meals a day. You're lucky if you get to have dinner quietly, with your family or friends!

The solution? Fast food, of course. Junk food and nothing else, but what can we do to change that? It is hard to start improving your eating habits, especially when you have to, just like in our case: a diet!

I have to mention the right mindset and strong will again. Not just with a twist of your nose or a snap of your fingers. With lots and lots of patience, and the gradual introduction of healthy ingredients to your diet!

Unfortunately, fast foods are always linked to obesity, high cholesterol levels, and even depression. For good reasons!

- **Processed foods**

Processed foods are even worse. All sorts of additives are included to make them taste better, to be appealing to customers, easy to eat on the go, and for longer shelf life.

Another negative aspect is that they contain little or no whole food; they are only fortified with micronutrients.

In the long run, all these additives, sweeteners, processing acids, flavors, and preservatives will make it harder for our body to keep up with harmful elements.

The increased consumption of processed foods leads to a higher risk of developing chronic diseases, such as obesity, diabetes, heart disease, hypertension, and some cancers.

- **Seedless fruits**

Seedless fruits are all fruits that contain no mature seeds. They are commercially valuable because their consumption is easier.

This category includes watermelons, grapes, tomatoes, and citrus fruits.

- **Soy products**

Soy is a bean with Asian origins, with several uses. Soy products are divided into three categories: unfermented (soy milk), fermented (soy sauce, bean paste, and tempeh), and defatted soybean meal (soy flour from the material remaining after extraction of oil).

They are high in dietary minerals, vitamins, and phytic acid. They also contain high levels of proteins, carbohydrates, and fat.

There is no conclusive evidence of its effect on health or cancer risk. But the relatively high content of isoflavones in soy may be useful in the treatment of cardiovascular diseases.

Another negative aspect is that soy commonly causes allergy.

- **Poultry**

Poultry is a domesticated bird. We eat their eggs and meat.

The white meat is high in proteins and low in fat. I already explained why Dr. Sebi advises us not to eat no meat or eggs.

Any food with added vitamins and minerals

If the food is not naturally high in minerals and vitamins, it’s not suitable to eat. Adding nutrients will not ensure any health benefit. Instead, it may lead to harmful effects due to overdosing of some vitamins and minerals.

All foods leavened with baking powder or with yeast

Baking powder and yeast are used all over the world to make dough for baked products.

The negative aspect is that they are highly acidic. So, it’s best to avoid these foods.

- **Alcohol**

Alcohol is banned in all diets, except for the Sirtfood one. In that case, we can drink some red wine for its high resveratrol content.

Alcohol is high in sugars, and its consumption leads to liver diseases.

- **Canned fruits or vegetables**

Canned fruits and vegetables are processed foods. Due to preservatives and sugars added, they are no longer natural and have a lower content of vitamins and proteins.

CHAPTER 16

Alkaline Plant-Based Diet

The Health Benefits of Alkaline Plant-Based Diet

If you are a vegetarian, vegan, or aiming to move in this direction, the alkaline diet is ideal. While all dietary plans can be built on a strong foundation of vegetables and fruits, a plant-based diet is one of the best options for adhering to this way of eating. Not all vegan or plant-based diets are alkaline; a lot of foods that are free of animal products can be processed and contain acidic ingredients, though once digested, many “acidic” fruits and vegetables become alkaline. One of the most beneficial, nutrient-rich foods for an alkaline diet is soy. Soybeans (edamame beans) are a great snack on their own, as is tofu, tempeh, miso, and other soy-based foods. When choosing soy products, look for organic, natural options, and avoid preservatives as much as possible.

Why Choose a Plant-Based Diet?

There are many reasons for moving to a plant-based diet, from reducing meat in your diet overall, to implementing one or two “meat-free days” each week. If your current diet is very meat-heavy, this will take some major adjustment, so it is best to not make the switch from red meats to full veganism overnight. Veganism or vegetarianism works best when whole, natural foods are chosen instead of packaged or processed options. A lot of marketing is involved in promoting meat-free packaged snacks and condiments, though many of these may contain sugars, high amounts of sodium, artificial color, additives, and other ingredients that are unhealthy.

There is a lot of research to support a plant-based diet, and the high amount of alkaline in many fruits and vegetables means a good fit with the alkaline-based diet:

- The emphasis is on the whole, natural foods, which simplifies the process of shopping and selecting foods for your diet. This also makes meal preparation and planning much easier, as your focus will be on vegetarian-based eating, without meat as an option, and little or no dairy.
- A plant-based diet can help with weight loss, as vegetables and fruits are digested and used much more quickly than meat and dairy products. There are also fewer calories contained in vegetarian meals, even where the actual portion size is the same or similar to a meal, including meat.
- Meeting your goal weight is a great achievement, and maintaining weight is another task. This can be done much more effectively with plant-based eating, as there are not only restrictions on meat and dairy consumption, but on processed foods, which sometimes contain meat by-products (gelatin) and a high amount of preservatives and artificial flavors.
- Soy is a major staple of a plant-based diet. The amount of calcium, protein, iron, and nutrients in soy products is comparable to meat, and with a fraction of the calories and fat. Soy is also relatively inexpensive and easy to find in most grocery stores. Tofu, tempeh, and edamame beans are popular ways to enjoy soy in almost any type of meal.
- Enjoying a plant-based diet can reduce or eliminate food sensitivities to dairy and meat products, as these are no longer a part of the diet. Other food allergies or sensitivities may be less of a factor, once a more pH balance is established in your body, as digestion becomes easier and health improves overall.
- The health benefits of a plant-based diet, especially vegan, where all meat by-products and dairy foods are eliminated entirely are numerous. From improving heart health and cardiovascular function to preventing cancer, type 2 diabetes, and many other conditions. Prevention is a big factor in why

choosing a plant-based diet, as many conditions and diseases can be avoided in the first place.

The Benefit of Soy in an Alkaline Diet

When it comes to soy, there are a lot of studies and findings that result in positive outcomes and benefits of eating soy on the dangers of increasing estrogen and the impact of this on your health. Overall, soy is a healthy option for any diet, especially for plant-based vegan diets that avoid all meat products. For people with allergies to soy and soy-based products, some alternatives can be used to adhere to a vegan meal plan successfully. For most people, soy is a good option with the following advantages:

1. High in protein. Soy can provide just as much, if not more, protein in your diet than meat. In combination with a balanced diet that includes fresh vegetables and fruits, your body will receive more than the required daily protein.
2. Low in cholesterol: Plant-based foods are low in cholesterol, saturated, and trans fats, which makes them a good choice for good cardiovascular function and a way to prevent heart disease.
3. High in fiber. Soy, like all vegetables and fruits, is very high in fiber. Not only will you meet your daily protein, calcium, and iron requirements by switching to soy from meat, you'll also receive a good dose of fiber with each serving, which increases metabolism and keeps weight at a healthy, manageable level.
4. Vitamin B12 and other nutrients considered only available in meat and meat-related products are also found in some soy products. Fermented soy, such as miso and tempeh, contain a sufficient amount of B12 to meet dietary requirements.
5. Vitamin D is often an ingredient in dairy milk, due to being fortified, though this can also be found in various soy products

as well. While only a small amount of this vitamin is required, it’s important that it’s a part of your diet.

6. Soy products come in many forms, textures, and flavors. Soft tofu varieties, for example, can be used to create puddings, cakes, and smoothies. Firm tofu and tempeh can be marinated and fried, baked, or sautéed with any combination of vegetables and ingredients. Soymilk is a great alternative to dairy and can be used with cereals, in smoothies, milkshakes, and as a refreshing beverage.
7. Easy to digest. While some people have reported bloating and mild issues with digesting soy, in general, it’s easy food for the body to digest and break down for nutrients.

Alternatives to Soy for a Plant-Based Diet

If soy-based foods are not an option for your plant-based diet, there are many alternatives to choose from. These foods contain high amounts of protein, calcium, and iron, which are found in meats and dairy products:

Coconut-cultured yogurt:

Similar to dairy yogurt, vegan, coconut-based yogurt is made by cultivating bacterial culture from coconut to make a product with the same texture, nutrients, and a similar flavor to dairy yogurt.

Vegan cheese:

Most varieties of vegan cheese are soy-based, though a growing number of plant-based cheeses are made from vegetables and vegetable oils. The benefits of vegan cheese include a similar taste and texture to regular, dairy cheese. Vegetable-based cheese, as opposed to soy-based products, tends to melt easier, which makes this variety a preferred option for vegan grilled cheese and Mac-and-cheese dishes.

Almond, cashew, and coconut milk:

There are many non-dairy milk alternatives available at nearly every grocery store and local restaurant. Almond milk is becoming nearly as popular as soymilk, as well as other nut-based kinds of milk, including cashew milk. Some varieties include a combination of almond and coconut milk, or cashew and almond, for a pleasant, nut-like taste that works well in recipes, smoothies, and with cereal. More people are ditching dairy milk and cream for non-dairy options for their coffee and tea as well. Other alternatives include hemp and rice milk.

Nut Butters:

Peanut, almond, and other nut kinds of butter are an excellent source of protein and energy. Just one or two spoons of these butters will provide a good boost of nutrients before a workout or an active day.

Other Soy Alternatives:

Nuts and seeds can be added to stir fry dishes and salads, instead of tofu and other soy foods to boost the protein and calcium content. Olive oil or coconut oil is both good alternatives for baking and cooking vegetarian dishes. Both oils have a neutral flavor that works well with any combination of ingredients.

Alkaline Fruits

Fruits are an excellent source of vitamins, fiber, and energy, with natural sugars that can easily replace the need for sweet snacks and processed foods. When we shop for fruits, we tend to choose from a small circle or group of fruits that we are familiar and comfortable with. The variety or limitations on what fruit we buy can depend on what's in season, how much of a budget we have to work with, and our cravings. Bananas, apples, oranges, and berries tend to be most popular, and for a good reason: they are delicious and easy to eat. Apples are best during autumn when they are in peak season and are available in many varieties that vary in texture, taste, and appearance. During summer months, it's the perfect time to enjoy fresh fruits, such as berries, bananas, and melons.

If you buy local, fresh fruits become less available during winter or colder seasons. Frozen fruits are another option to consider. They are just as healthy and more convenient, as they last longer and can be used at any time. Canned foods, even vegetables or fruits should be avoided, as they contain extra sodium and sugar, along with other additives.

Which Fruits are high in Alkaline?

All fruits have a significant amount of alkaline, which makes them all good choices for an alkaline diet. The amounts vary depending on which fruit, where alkaline is either low, moderate, or high. Some fruits that contain acidic properties will convert to alkaline once digested, like tomatoes and citrus fruits, while others contain a high amount of alkaline before consumption:

1. Blackberries, strawberries, and raspberries. Berries are a great choice in an alkaline diet, due to their high amount of vitamin C and antioxidants.
2. Nectarines, like peaches, are high in alkaline and make a great snack on their own, or in a fruit salad.
3. Watermelons are not only high in alkaline but also contain a good amount of potassium and fiber. They are an excellent choice for a snack and especially refreshing during the summer season when they are more readily available.
4. Apples have more of an amount of alkaline that’s more moderate to high, though they contribute a lot of nutrients that make them a preferred snack any time of the year. They can be enjoyed raw, stewed, or baked for a variety of dishes. Apples are also naturally sweet, which makes them ideal for desserts.
5. Bananas are high in potassium, fiber, and pack a lot of energy into just one serving. In fact, one banana can provide up to 90 minutes of energy; an easy and quick snack before a workout, hike, or going cycling.

6. Cherries, similar to berries, are high in alkaline and fiber. They also promote regularity and a healthy metabolism.

Are there any fruits to avoid? With an alkaline diet, virtually all fruits are good options, which make the diet an easy process to follow.

CONCLUSION

The diet approved by Dr. Sebi also known as Alfredo Bowman has permitted certain food items that are 100% vegan and are not processed or modified. Dr. Sebi is not a professional or does not hold any degree but he claims himself to be a self-taught herbalist. However, following this diet can help prevent the diseases such as heart diseases, diabetes, kidney disorder or liver diseases. This diet can also be used to reduce weight and reverse or prevent the already mentioned health problems.

Detoxification and cleansing has several health benefits even if it has few disadvantages. Few of the advantages of this are, it keeps you healthy and physically fit, boosts immunity, improve the focus of the person. Other than that there are also natural methods of detoxification such as dry brushing, cupping, souping, exercising etc. By adapting this diet, one can have several health benefits that are shinier hair, healthy and clear skin, improved immunity and overall optimal health. Herbs and Food Recipe provides the individual with variety and versatility who is looking forward to follow the diet approved by Dr. Sebi. There are lot of combinations for the approved items that can be achieved and enjoyed.